



# AGILITY LADDER INSTRUCTIONS

## AGILITY LADDER PREPARATION

- Position the Agility Ladder on a level surface free from obstructions. Ideal training surfaces include indoor and outdoor fields, and gymnasium floors. To prevent the ladder from moving or sliding on a gymnasium floor, place weights on the nylon ends of the ladder. Ensure that the weights **DO NOT** impede or interfere with the ladder itself.
- Unroll the Ladder and extend **FULLY**.
- Remove **ALL** twists (tripping hazards) within the Ladder.
- Lay completely **FLAT** and in a straight line.

## LINKING MULTIPLE LADDERS

- Once the first ladder is secure, a second ladder can be attached using the snaps located at the end of the ladder to hook onto the next ladder.



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**WARNING:** Exercise programs of any kind present an inherent danger to the participant. Serious or fatal injury can occur.

Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/ described.

Anyone under the age of 18 should have adult supervision. Always follow instructions (if included). Always use proper techniques and common sense when exercising.

Always check your equipment thoroughly for any sign of defect. If any defect is found, discontinue use immediately and contact GoFit for further assistance. This product is not intended for commercial use.

## PROPER USAGE

- **DO NOT** use as an actual climbing ladder or attempt any type of gymnastic movement on the Agility Ladder.  
Use only as shown/illustrated/intended.
- **ALWAYS** inspect the Agility Ladder before every use for any damage. If you find any tears or damage, discontinue use immediately and contact GoFit.
- The Agility Ladder could pose a hazard to children and pets, therefore must **NEVER** be left unattended. To avoid accidents, store the Agility Ladder out of the reach of children when not in use.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- The Agility Ladder may be used indoors or outdoors.
- Make sure you have adequate clearance in the area around the Agility Ladder where you are using it. It should be a clean, level surface.
- Before each use remove any sharp objects from the exercise area (such as rocks when using outdoors).
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Agility Ladder is not recommended for use during pregnancy.

## MAINTENANCE AND CARE

- Clean the Agility Ladder with mild soap and warm water.  
Allow to fully dry before storing.
- **DO NOT** use abrasive or chemical cleaners.
- **DO NOT** store the Agility Ladder outdoors.
- Keep the Agility Ladder out of direct sunlight. The Agility Ladder should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.