



Speed Ladder O'Live

Training ladder for speed, agility and coordination brand O'Live

Sports equipment suitable for **speed work, plyometrics, lateral displacements**, functional training **and cardiovascular exercises**.

The **distance between the slats can be modified**.

Product description:

Fitness ladder ideal to help train the speed of movement, coordination and agility

Valid for any kind of audience, athletes, amateurs, etc.

The **distance between the slats can be modified**.

Includes bag for transport and storage.

Length: 4 meters

Width: 50 cm

Reference: EN01200.01

EAN13: 8436554047789

UPC: -
