

User Manual for Coordination Ladder

1. Product Description

The 6-meter coordination ladder with 12 rungs is a training tool designed to improve coordination, agility, and speed. It consists of two parallel straps connected by cross rungs, forming equally sized squares.

2. Intended Use

The ladder is ideal for training in various sports disciplines, such as football, basketball, volleyball, martial arts, and general fitness workouts. It can be used both indoors and outdoors.

3. Assembly and Usage Instructions

Unfolding the Ladder: Ensure the surface is flat, dry, and free from obstacles. Unroll the ladder to its full length, making sure the straps are evenly tensioned.

Adjusting the Rungs: If the ladder allows for adjusting the distance between rungs, set them according to the type of exercises and the user's skill level.

Exercises: Perform exercises according to your training plan, maintaining proper technique and gradually increasing intensity.

4. Safety Precautions

Consult a physician or trainer before starting training, especially if you have health issues.

Inspect the ladder for any damage before each use. If any defects are found, discontinue use and contact the manufacturer or retailer.

Use the ladder on a stable and even surface to prevent slipping or falling.

Wear appropriate sports footwear that provides good traction.

Avoid using the ladder near sharp objects or heat sources.

Store the ladder in a dry place, away from direct sunlight, to prolong its lifespan.

5. Cleaning and Maintenance

Clean the ladder with a damp cloth and mild detergent. Avoid using harsh chemicals that may damage the material.

After cleaning, thoroughly dry the ladder before folding and storing it.

6. Warnings

The ladder is not intended for climbing or hanging. Using it in such a manner may lead to serious injury.

This product is not a toy. Children should use the ladder only under adult supervision.

Do not modify or alter the ladder. Structural changes may affect its safety.