

Learn how to train with your Training Cable at  
[sklz.com/TrainingCable](http://sklz.com/TrainingCable)

Or you can start now. Just open this panel,  
and get after it.

## TRAINING GUIDE

powered by  
**EXOS**

SKLZ products are designed in collaboration with EXOS, the leader in proactive health and performance programs for professional athletes, the military and those serious about fitness.

These training drills are provided to you by EXOS and provide step-by-step instruction to help you reach new levels of performance using SKLZ products.

Add this gear to your training to  
get strong for your sport.



AccuRoller



Stability Ball



Med Ball

Post your experience with #SKLZ and you  
might be featured on the SKLZ network.



Training Cable V1

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# PREPARE TO BE READY

**SKLZ**

# TRAINING TIPS

## WARM UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

## TRAIN

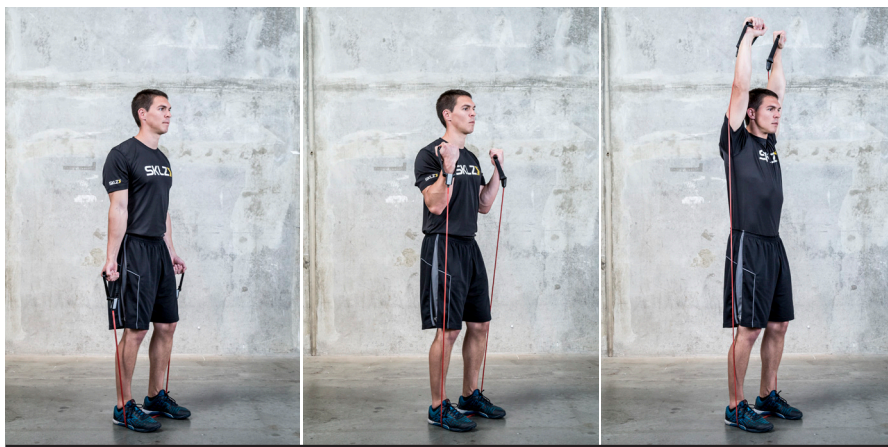
Use these Drills as part of a comprehensive session.

## RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.

# DRILLS

## CURL TO OVERHEAD PRESS



**STEP 1**  
Stand with your feet on the cable while holding the handles at your sides.

**STEP 2**  
Curl the handles up, rotating your palms so they face your shoulders.

**STEP 3**  
Press the handles over your head, rotating your palms so they face forward at the top of the movement.

**COACHING TIP:** Keep your torso stable and avoid arching your back as you press the cable overhead.

**FEEL IT:** Works biceps, shoulders and torso.

Reverse the move to return to the starting position.

## ONE LEG ROMANIAN DEAD LIFT TO ONE ARM ROW

Attach the cable to the Door Anchor at a low point.



**STEP 1**  
Hold both handles in one hand and stand on the opposite leg, with your knee unlocked.

**STEP 2**  
Bending at the hip and keeping your back flat, reach the handles toward the Door Anchor while your same side leg stays straight behind you.

**STEP 3**  
Stand by contracting your glutes and hamstrings. Using your momentum, bend your elbow and pull the handle towards your ribcage, returning to the starting position.

**COACHING TIP:** Generate the momentum from your hips to row the cable and handle up.

**FEEL IT:** Works entire body.

## OVERHEAD TRICEPS EXTENSION

Attach the Cable to the Door Anchor at a high point.



**STEP 1**  
Hold the handles with your elbows bent. Stand facing away from the anchor in a split stance and a slight forward lean of your torso.

**STEP 2**  
Extend both elbows to pull the handles straight out in front of your head.

**STEP 3**  
Bend your elbows to return to the starting position.

**COACHING TIP:** Keep your torso stable and avoid arching your back as you press the cable overhead.

**FEEL IT:** Works triceps, and torso.

## CHEST PRESS

Attach the cable to the Door Anchor at chest height.



**STEP 1**  
Stand facing away from the door in a base stance with your knees slightly bent. Hold one handle in each hand, with your elbows bent just below chest height.

**STEP 2**  
Press your arms straight in front of your chest.

**STEP 3**  
Bend your elbows to return to the starting position.

**COACHING TIP:** Keep your torso stable throughout the movement.

**FEEL IT:** Works chest and torso.