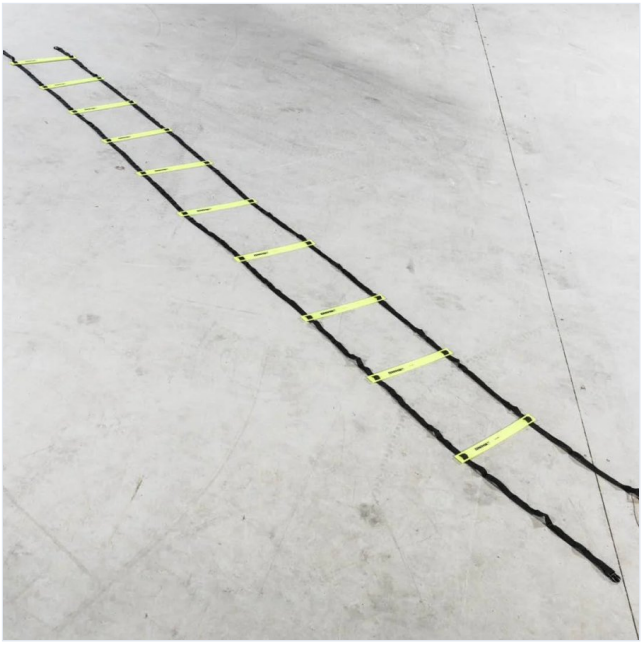
GIMTRAC
FOR EVERY GAME

PRODUCT SPECIFICATION

GOALS · POSTS · MATCH EQUIPMENT · SINCE 1979

Rhino Speed Ladder

SUPPLIED BY GIMTRAC (PTY) LTD







OVERVIEW

Take your training to new heights with the Rhino Speed Ladder, the ultimate tool for athletes aiming to boost agility, speed, and coordination.

SPECIFICATIONS

Product code	419114
Category	Rhino Rugby, Training Equipment, Springbok Training Equipment, Netball Accessories, Rugby Accessories, Soccer Accessories, CrossFit
Length	4m, 8m
Origin	Supplied by Gimtrac (Pty) Ltd

AVAILABLE OPTIONS

Option	Code
Length: 4m	4191144M
Length: 8m	4191148M

DESCRIPTION

Take your training to new heights with the **Rhino Speed Ladder**, the ultimate tool for athletes aiming to boost agility, speed, and coordination. Perfect for a wide range of sports, this versatile ladder is an essential addition to any workout routine, providing dynamic benefits that suit athletes at every level.

Available in 4m and 8m lengths to suit your training space and intensity.

Key Benefits:

- **Boost Agility & Speed**: Master challenging drills to improve footwork, balance, and overall speed.
- **Improve Coordination**: Elevate your body control and reaction time, key skills for any sport.
- **Increase Fitness & Endurance**: Engage in high-intensity exercises that enhance cardiovascular endurance.
- **Train with Precision**: Build quick thinking, adaptability, and sharper athletic performance.

Add the Rhino Speed Ladder to your training gear and experience a powerful way to sharpen your skills, diversify your workout, and stay game-ready.

ORDERING & DELIVERY

Add this product to your quote on www.gimtrac.co.za, or contact sales@gimtrac.co.za / 012 666 8258 for a formal quotation, lead times, delivery and installation options. Gimtrac delivers nationwide.