

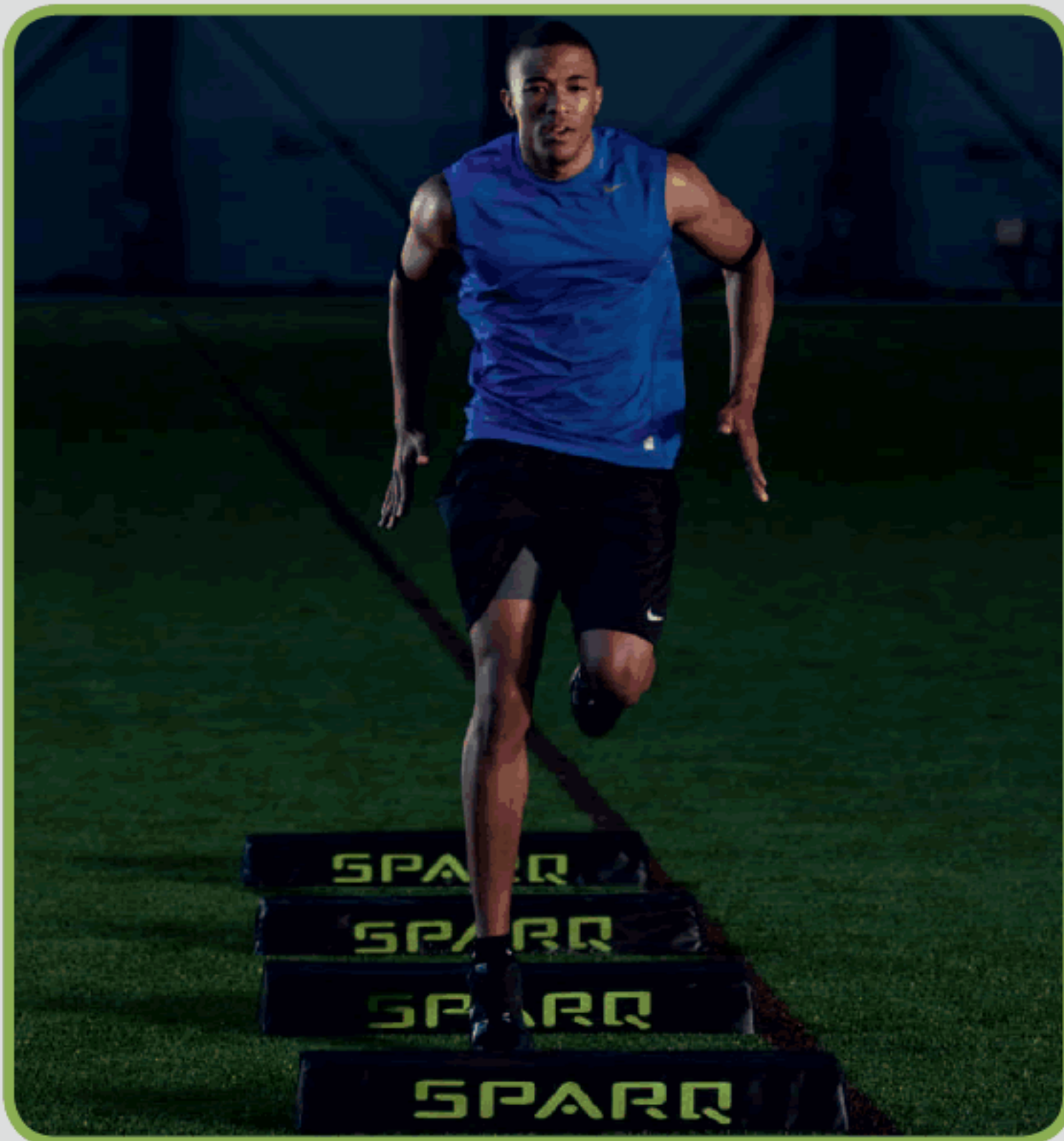
# SPARQ TRAINING

## SPARQ IS A FOUNDATIONAL COMPONENT OF MAKING BETTER ATHLETES

SPARQ is focused on helping athletes improve their game-day performance by developing the five key components of superior athleticism:

**Speed, Power, Agility, Reaction and Quickness.**

SPARQ Training gives you the drills, programmes, insight and information you need to work smarter, train harder and get better and faster.



[WWW.SPARQTRAINING.COM](http://WWW.SPARQTRAINING.COM)

### NEW NIKE SPARQ SPEED HURDLES (SET OF 6)



073  
Black/Atomic Green

Innovative and versatile design with ultra-flat profile which allows for easy stacking and storage.

- Set of six.
- Innovative design adjusts to 6" or 12" heights.
- Durable, lightweight ABS base.
- Nylon carrying strap.
- Storage ring for hanging hurdles flat.
- Materials: 90% ABS/10% polypropylene.

AC1828 RRP £ 45  
01 Apr 11 - 31 Mar 14

### NEW NIKE SPARQ SPEED LADDER



073  
Black/Atomic Green

Innovative design which collapses into an easy-storage profile so the locker room can keep free of clutter.

- Evenly spaced shatter-proof 6-rung design.
- Collapsible design for storage.
- Dimensions: 265L cm.
- Carry bag included.
- Materials: 100% polypropylene.

AC1829 RRP £ 25  
01 Apr 11 - 31 Mar 14

### NEW NIKE SPARQ PARACHUTE 2.0 - M/L



323  
Atomic Green/Black

Designed to create drag for extra resistance in an easy step-in design.

- For athletes up to 210lbs.
- Maximum drag = 15lbs. of force.
- Adjustable belt for waist sizes 32"-36".
- Floating metal tri-ring to improve chute traction.
- Carry bag included.
- Materials: 70% nylon/22% polypropylene/8% polyethylene.

AC1970 RRP £ 40  
01 Apr 11 - 31 Mar 14

### NEW NIKE SPARQ SPEED DISCS - OUTDOOR (SET OF 12)



301  
Atomic Green

Bright colour speed discs for high contrast against turf, grass or track surfaces.

- Weight per disc: 1.8 oz (50 grams).
- Sold in packs of 12.
- Materials: 100% polypropylene.

AC1825 RRP £ 12  
01 Apr 11 - 31 Mar 14