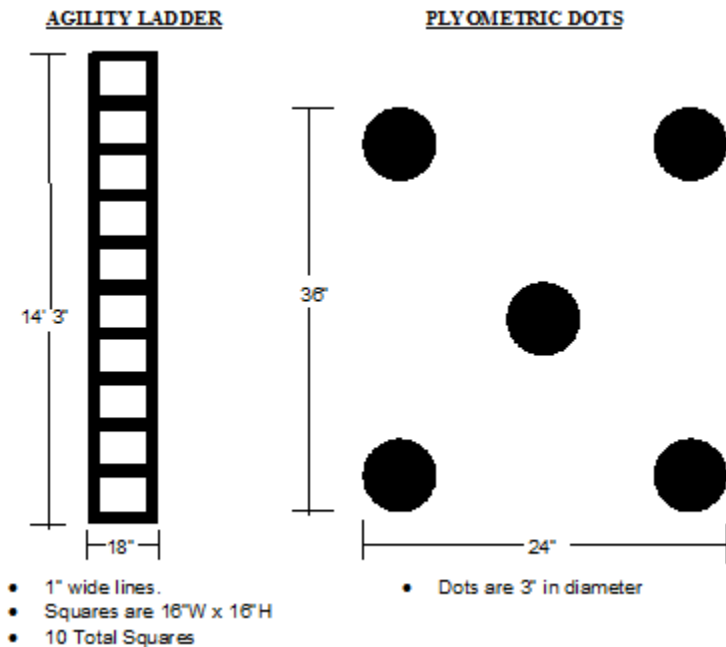


## *Plyometric Dots and Agility Ladders*

The use of plyometric exercises is becoming increasingly popular with plyometric dots and agility ladders being the most requested game line applications. MFMA has provided the following recommendations for applying plyometric dots and agility ladders to maple floors.



MFMA does not recommend the use of masking, construction, electrical, duct or adhesive tape to mark temporary markings on the surface of a finished maple floor. It is quite likely that the tape, when removed, will peel away layers of the floor's surface finish. Removing the surface paint/finish and exposing the maple can result in additional chipping and peeling of the remaining paint/finish in adjacent areas.

Most tapes promoted for temporary markings have a different coefficient of friction than finishes applied to the maple playing surface, and can impact a person's ability to start, stop and pivot. In addition, most commonly available tapes contain adhesive resins that can etch or stain the floor finish or even the maple flooring below the temporary markings.

If you have any additional questions, please contact MFMA's Technical Director at 888/480-9138.

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