



DESCRIPTION

- Sled travels on concave high-density nylon wheels and stainless steel rails (rather than traditional linear bearings and guide rods) for smoother operation.
- Sled travels at a 30-degree angle.
- Adjustable footplate
- Shoulder pads are strategically angled to alleviate stress on trapezius muscles.
- Adjustable safety catch provides security for users of different heights (or ranges of motion)
- Adjustable backrest pad allows for alternating between a hack squat and a leg press movement.
- Upper and lower band pegs.
- Three positions for the racking mechanism to accommodate users of various heights. Mechanism disengages automatically when the user starts the exercise.
- Designed in partnership with Coach Kassem Hanson
- Total possible load: 32 plates (1440 lbs or 653 kg)

SPECIFICATIONS

- Width 71" (180cm)
- Height 53" (134cm)
- Length 103" (261cm)
- Weight 742 lb (336 kg)
- Starting weight 135 lb (61kg)