

LANDMINE™ HOME BASE

The Sorinex Landmine was originally developed in 1999 to help co-owner, Bert Sorin, train for Hammer throwing. This is the tool that started the Angled Barbell Training craze. The Landmine turns any barbell into a ground based torso trainer, row unit, and is use for other sport specific applications. The universal joint swivel point rotates and swings in multiples axes, allowing a wide range of different movements. Fits Olympic sized bars.

SPECIFICATIONS

LENGTH	18"
WIDTH	16"
WEIGHT	40 LBS
DIAMETER	2.5"
FITS	Olympic Bars
INCLUDES	Landmine Home Base (1) or Landmine Home Base Couple Barrel (1)

