



# 2-WAY POWER SLED

The Dynamic 2-Way Power Sled is a great way to increase explosive power and acceleration for serious athletes. A complete lower body conditioning unit, the 2-Way Power Sled improves leg, hip, and core strength. Constructed from high strength steel, our sled features a rock-solid, fully-welded frame with skid plates for long-lasting durability on any surface. Equipped with three different grip positions and hooks on each end of the sled, this is the ideal solution for maximizing your partner/team sled workouts.

### Features:

- Two Removable High Posts
- High/Low Horizontal Push/Pull Postions
- Two J-Hooks for Quick Harness/ Rope Hook Up
- Designed for Bi-Direction Movement Without the Need to Turn the Sled Around
- Optional "Hard Feet" for Pavement/Rough Surfaces
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**PICK YOUR COLORS!**  
Textured or gloss powder coated finish  
**COLOR-MATCHING ALSO AVAILABLE.**

**A full line of sleds**

**MORE STRENGTH PER SQUARE FOOT™**

We have a full line of sleds to develop explosive acceleration and power.



High-Low Sleds



Compact Sleds



Power Sleds

109989

Sled Line

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## Specifications:

**FRAME:** 2" X 2" 11-Gauge Structural Steel Tubing

**WEIGHT:** 130 LBS

**DIMENSIONS:** 32" W x 40" H x 41" L

