



# ADJUSTABLE HIGH-LOW SLED

The Dynamic High-Low sled allows multiple adjustments for different variations of sled workouts. Offering 8 height adjustment with easy spring-action pin plus 3 grip options, the High-Low Sled accommodates power and speed training for users of various sizes. Features include a 14" high plate post to accommodate either traditional iron plates or Olympic bumper plates, wide stabilizing harness hooks, and beefy skid plates for long-lasting smooth push and pull resistance.



### Features:

- 8 Pop-Pin Height Settings
- High/Low/Neutral Grip Options
- Harness Not Included
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**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

109996

Sled Line

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## Specifications:

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

**WEIGHT:** 76 LBS

**DIMENSIONS:** 24" W x 45" H x 54" L

