



HIGH-LOW SLED

The Dynamic High-Low sled offers three hand positions for different variations of sled workouts. Easily adjust from low, neutral and high hand positions to accommodate power and speed training for users of different 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:

- High/Low/Neutral Grip Options
- Harness Not Included
- 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

109992

Sled Line

HIGH-LOW SLED

Specifications:

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

WEIGHT: 83 LBS

DIMENSIONS: 24" W x 43" H x 55" L

