



# POWER SLED

The Dynamic Power Sled is a great way to increase explosive power and acceleration for serious athletes. A complete lower body conditioning unit, the 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. Three different grip positions offer a versatile training system.



### Features:

- Longer Skid Pads for Smoother Push/Pulls on Grass
- Harness Not Included
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**A full line  
of sleds**

**MORE STRENGTH  
PER SQUARE FOOT<sup>TM</sup>**

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



High-Low Sleds



Compact Sleds



Power Sleds

109990

Sled Line

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## Specifications:

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

**WEIGHT:** 96 LBS

**DIMENSIONS:** 31" W x 39" H x 41" L

