



## Jordan Performance Weight Sled (JTPS)



The weight sled is the perfect training tool for optimal sprint and high-speed strength training. Basic human movement patterns such as pulling, pushing, dragging and rotation can be reproduced with the weight sled.

**CHF 199.00**

For all sports that require short, fast sprints, the weight sled has proven to be a popular training aid. The trainee can sprint with constant resistance and achieve optimal training results. In addition to sprinting strength, power is also trained.

When training with a weight sled, no partner is necessary, so the athlete can train alone at any time. The weight sled is attached to the exerciser by a shoulder strap and can thus be pulled. To increase the difficulty, the weight sled can be equipped with additional weight plates.

- solid steel frame
- unique pull/push design
- shoulder strap for comfortable use of the weight sled
- max. weight load 140kg
- dimensions: L110 x W46 x H34cm
- Weight: 24kg
- Colour: black or grey
- Option: harness to performance weight sledge