



## Body Solid Weight Sled GWS100



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 369.00**

In 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. Strength is trained in addition to sprinting strength.

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
- variety of handles for pushing and pulling exercises
- multiple attachment points
- max. Weight load 160kg
- dimensions: L102 x W79 x H107cm
- weight: 31kg
- Color: black