



SKLZ Speed Sac



Variable resistance sprint trainer for indoor and outdoor use - develop explosive leg muscles with the SpeedSac. The weight bag works similar to a metal sled, but is more flexible and easier to handle. Because of the removable weights, the resistance of the SpeedSac can be adjusted. Use the handles on the weight bags for upper and lower body exercises like lunges or military press.

CHF 129.00

- To improve short distance speed, general speed and explosiveness.
- Strengthens the lower body muscle groups
- Various weight options for different resistance
- With 3 robust weight bags: Each bag can be filled with up to 4.5 kg of sand (total 13.6 kg)
- Training with the SKLZ SpeedSac strengthens the glutes, hamstrings, quadriceps and calves.
- The sled contains three weight pockets for increased resistance.
- Similar workout to conventional metal sleds, but without the associated drawbacks!