



## Jordan Prowler Weight Sled (JL-2155)



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. The newly developed Prowler sled is a must-have for CrossFit and is ideal for strength and functional training. It is designed to work with a variety of fitness parameters including strength, endurance, power and much more. Trusted by elite trainers and athletes around the world, this machine provides the ultimate total body workout.

**CHF 599.00**

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 or pushed. To increase the difficulty, the weight sled can be equipped with additional weight plates.

- Incredibly versatile training tool that is easy to use, builds strength and endurance, and works all the muscles from arms and legs to core and upper body.
- can be pulled by pushing or by attaching a combat rope or harness
- two comfort grips for push or pull positions on either side of the sled
- ideal for indoor lawns as well as outdoors
- solid steel frame
- high-quality powder coating
- shoulder strap for comfortable use of the weight sled
- max. Weight load 140kg
- dimensions: L114 x W70 x H83cm
- weight: 56kg
- Colour: black or grey
- Option: harness to Prowler weight sledge

**The Shark  
Fitness Company**



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