

QUAD SLED.™

escape 

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A SIMPLE BUT BRUTAL WORKOUT TOOL TO BUILD RAW POWER.

This provides a beast of a workout and will force you to dig deep to push, pull and drag it to where you want it.



COLOURS AND BUILD.

Colours:

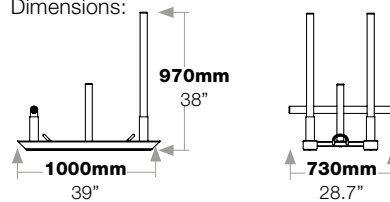
Frame: **Escape Red.**
Handles: **Black.**

Materials:

Frame: **Carbon steel.**
Handle: **Tubular hollow section.**
Ski: **Nylon runner.**

WEIGHT AND DIMENSIONS.

Weight: **40kg / 88 lbs.**
Max Load: **150kg / 330 lbs.**
Dimensions:



WARRANTY.

Warranty: **1 year.**

CLUB BENEFITS.

ATTRACT NEW MEMBERS
WITH THIS USP WITHIN
YOUR CLUB.

WILL QUICKLY BECOME
THE MOST POPULAR TOOL IN
YOUR FACILITY.

BUILT TO LAST.

PT BENEFITS.

EXTRA LONG LOADING POLE
TO LOAD UP FOR
INCREASED RESISTANCE.

ATTACH A BATTLE ROPE
FRONT AND BACK FOR A
LOADED HEAVY PULL.

PUSH AND PULL FROM BOTH
NEUTRAL AND LOW DRIVE POSITIONS.

USER BENEFITS.

CONDITIONS POSTERIOR CHAIN,
GLUTES AND HAMSTRINGS.

USE LOW WEIGHT FOR
SPEED DRILLS AND A HIGH
WEIGHT TO BUILD STRENGTH.

A TOUGH BUT REWARDING
WORKOUT TOOL.



LOAD UP TO 150KG / 330 LBS
– heavy loading options on the sled is great for even the strongest athlete.



USE ON SPEED TRACKS – for optimum performance, use it on specialist Speed Tracks or sport carpet type flooring.



ATTACH SPEED RESISTORS – add resistor tubes or battle ropes to the Quad Sled for even more challenges and exercise options.



IDEAL FOR CROSS TRAINING GYMS – for members who are serious about CrossFit, a sled is an essential conditioning tool.



GREAT FOR CIRCUITS, TABATA AND WODS – the Quad Sled lends itself to many different training types, giving staff and members various workout options.

Sled training can be used by the most serious athlete right through to the unconditioned person starting their fitness journey. Training with a sled will improve anaerobic tolerance as well provide essential development to muscles like the hamstrings and glutes that, in the general population, do not get enough exercise to maintain strength and muscular health. The sled is easy to use for beginners and is a low risk to injury so is great for introducing novice clients to strength and power work.



SEE THIS PRODUCT IN ACTION ONLINE.