



We Change Lives from the Core®

# SLEDMILL

SledMill™

# The Future of Sled Training



SCAN QR CODE FOR SLEDMILL WORKOUTS

## ABOUT THE SLEDMILL™

Sled Training is one of the most effective exercises today. The patented SledMill® system is one of the most popular HIIT Products on the market. It's a total body workout that improves strength, stamina, speed, and power. Get all the benefits of sled training and the ability to perform hundreds of exercises in only 8 feet of space!

### Dimensions:

L 92" x W 36" x H 50"  
(233 cm x 91 cm x 128 cm)  
Unit Weight: 650 lb (295 kg)

Training Range: 0-450 lb  
(0-204 kg)

### Multipurpose Handles

- 01 Telescoping handles that allow for multiple grip positions and can be extended to accommodate users of different heights.

### SledMill™ Console

- 02 Self charging console allows you to go from 0 to 450 lbs of magnetic resistance with the touch of a button.



### Accessories

- 03 Included accessories allow you to perform hundreds of strength and agility exercises on the SledMill™.

### Bi-Directional Roller Track

- 04 The flat, bi-directional track of the SledMill™ is the safest and most effective solution on the market allowing you to perform push, pull, and lateral motions.



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