



# Eleiko XF Sled / Prowler Light

## Black

A robust, responsive sled that weights 19 kg. It can be pushed or pulled, used with weight discs for increased resistance, equipped with a snap hook attachment, and you can even pull it with a rope from the front of the sled. The handle can be disassembled. While designed primarily for indoor use, it can be used outdoors. Plastic skis (item no. 3060343) provide protection to the sled and floor and can be ordered separately. Most effective when used on floor surfaces with little or no friction, such as turf, asphalt (with plastic skis), and scratch-resistant flooring. High friction flooring, made from rubber, for example, should be avoided.

### Features

#### Designed For

Performing a variety of pushing and pulling exercises

#### Clip Attachment

Easily attach a rope or straps to the front of the sled for exercise variety

#### Quality Construction

Strong sturdy steel tubing and durable powder coat finish

### Specifications

**Unit of measurement**  
Sold individually

**Article code**  
3002077-03

**Length**  
560 mm / 22.05 in.

**Width**  
400 mm / 15.75 in.

**Height**  
530 mm / 20.87 in.

**Weight**  
19 kg / 41.89 lbs

**Warranty**  
2 years

**Colour**  
Black

