

Eleiko Prestera Split Squat Pad

Black/PUR



- ✓ Unilateral Training
- ✓ Comfortable Secure Positioning
- ✓ Designet til Prestera

The Prestera Split Squat Pad offers comfortable support for various exercises, including single-leg squats and Bulgarian squats, to creative uses like stretching or working the posterior chain with Nordic curls.

Funktioner

Sikker positionering

Two roller pads with sloped edges create a secure cradle for foot positioning.

Quick Installation

Easy to place and adjust, insert pin and twist into position.

Træningsvariation

Primarily designed for rear foot elevated split squats but could also be placed at ankle or hip height to support hyper extensions and sissy squats.

Polyurethane Pad

Comfortable roller pads are easy to maintain and clean.

Kompatibilitet

Designet specielt til Prestera-serien.

Specifikationer

Artikelnummer

BD-1-381

Længde

554 mm / 21.81 in.

Bredde

150 mm / 5.91 in.

Højde

150 mm / 5.91 in.

Vægt

4 kg / 8.82 lbs

Garanti

6 måneder-10 år

