

# Eleiko Prestera Split Squat Pad

Black/PUR



- ✓ Unilateral Training
- ✓ Comfortable Secure Positioning
- ✓ Designed for 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.

## Features

### Secure Positioning

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.

### Exercise Variety

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.

### Compatibility

Designed specifically for the Prestera System.

## Specifications

### Article code

BD-1-381

### Length

554 mm / 21.81 in.

### Width

150 mm / 5.91 in.

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150 mm / 5.91 in.

### Weight

4 kg / 8.82 lbs

### Warranty

6 months-10 years

