



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.

Height

150 mm / 5.91 in.

Weight

4 kg / 8.82 lbs

Warranty

6 months-10 years

