

# Eleiko Prestera Split Squat/Nordic Curl Pad

Black/PUR



- ✓ Unilateral training
- ✓ Comfortable secure positioning
- ✓ Designed for Prestera
- ✓ Exercise variety

The Prestera Split Squat/Nordic Curl Pad offers stable, comfortable support for a wide range of lower-body and posterior-chain exercises. From single-leg squats and Bulgarian split squats to dedicated hamstring-focused movements like Nordic curls, this attachment delivers precision and performance with Eleiko build quality.

## Features

### Secure positioning

Dual roller pads with sloped edges create a reliable cradle for foot/leg placement and reduce unwanted movement during split squat.

### Quick installation

Designed for rapid setup — insert into the upright, twist to lock into place, secure magnetic pin through the upright, and you're ready to go.

### Exercise-variety capability

While primarily developed for rear-foot elevated split squats and Nordic curls, the pad can be positioned at varied heights on the upright to support exercises such as hyper-extensions and sissy squats.

### Polyurethane pads

Durable, easy-clean roller pads are designed for long-term use in high-traffic training environments.

### System compatibility

Engineered exclusively for the Prestera system, this pad mounts seamlessly to Eleiko uprights.

## Specifications

### Article code

BD-1-5516

### Weight

4 kg / 8,82 lbs

### Length

557 mm / 21.93 in.

### Height

150 mm / 5.91 in.

### Width

150 mm / 5.91 in.

