

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.

RAISE THE BAR

ELEIKO