

# HIIT

## SLEDMILL™



Sled Training is one of the most effective exercises today. The patented SledMill® system is one of the most popular HIIT Products on the market. It's a total body workout that improves strength, stamina, speed, and power. Get all the benefits of sled training and the ability to perform hundreds of exercises in only 8 feet of space!

- 01 Multipurpose Handles**
- 02 SledMill™ Console**
- 03 Bi-Directional Roller Track**
- 04 Accessories**



### Dimensions:

L 92" x W 36" x H 50"

(233 cm x 91 cm x 128 cm)

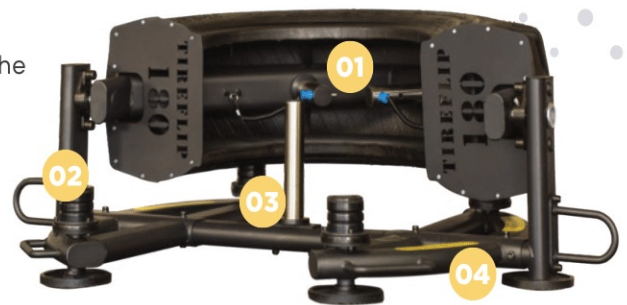
Unit Weight: 650 lb (295 kg)

Training Range: 0-450 lb  
(0-204 kg)

## TIREFLIP 180® TIREFLIP 180® XL

The patented TireFlip 180® is an innovative functional training system that gives you all the benefits of tire training in a safe, space-saving design. Flipping is just the beginning. Perform hundreds of exercises including strength, power, and agility in only 4x5 feet of space.

- 01 Progressive Weight System**
- 02 Dual Anchor Points**
- 03 Weight Storage Post**
- 04 Handles and Wheels**



### TireFlip 180® Dimensions:

Starting Weight: 100 lbs  
Includes the 60 lb weight system for a training range of 100-160 lbs

4'x 5' (1.2m x 1.5m)  
330 lb (149kg)

### TireFlip 180® XL Dimensions:

Starting Weight: 160 lbs  
Includes the 80 lb weight system for a training range of 160-240 lbs

4'x 5' (1.2m x 1.5m)  
364 lb (165kg)

