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### **Power Sled**

The Power Speed Fitness Sled can build explosive speed and strength. It resists your sprinting by forcing you to tow a weight on the sled. It's a great fitness tool addition to any personal or professional gym. Burn fat and calories faster by adding resistance to running drills.

Add the amount of weight

that best fits your training needs. Excellent for adding speed training to your workout whether it be for aerobics, football, soccer, tennis, etc. Adjustable shoulder harness for maximum security during workouts. Power Sled



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