

Prowler Sled

The Gym Gear Prowler Sled is the 'go to' functional item for all commercial gyms and CrossFit boxes.

The prowler is designed to develop leg, hip, core and upper body strength whilst improving aerobic fitness. The prowler will add an extra dimension to your workouts and are great for both 1-to-1 PT sessions and group training.

The heavy duty, premium quality construction means this solid piece of kit will go the distance.

Our prowler sled is designed to be used with Olympic weight plates for increased resistance.



Olympic Weight Horn



Removable Poles

Technical Specifications

Rating	Commercial
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Key Features

Designed to develop leg, hip, core and upper body strength whilst improving aerobic fitness	•
The heavy duty, premium quality construction means this solid piece of kit will go the distance	•
Olympic weight horn to secure olympic plates	•