

# S-Drive Performance Trainer



- Sled brake with eight settings provides a true-to-life weighted sled pushing experience
- Parachute brake with 11 settings gives users the feel of real parachute resistance
- Sled and parachute brakes can be used individually or together to vary between cardio and strength-building workouts
- Adjustable harness offers easy entry and exit while allowing for a complete upper body range of movement
- Built-in bar simulates sled pushing and pulling without needing the space to use a traditional sled
- 7-degree incline is ideal for building strength and explosiveness with proper form, whether the user is performing forward, lateral or reverse movements
- Full perimeter handrails offer easy entry and exit and support during lateral movement
- Low-inertia design offers true-to-life ground reaction force and quick deceleration, ideal for high-intensity interval training
- Heavy-duty deck stands up to the most intense workout environments and accommodates larger users in rehabilitation environments
- Self-powered design makes it easy to place the unit anywhere in your facility
- 19 cm / 7" step-on height offers easy access for users of all kinds
- True zero start and unlimited top speed offers a wide variety of users the ability to match their workout experience to their needs and fitness goals

## FEATURES

Resistance Type	Independent Sled and Parachute brakes
User Harness	Connection free harness for walking or sprinting
Deck Type	Reversible silicone 2.5 cm / 1" deck
Belt Type	Habasit, 2-ply commercial grade
Running Area	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"
Incline Range	7° fixed
Speed Range	User defined

## TECH SPECS

Power Requirements	Self-powered
Sled Brake Maximum Resistance	122.5 kg / 270-lb. sled on natural turf
Assembled Dimensions	76.8" x 34.8" x 59" / 195 x 88.3 x 150 cm (L x W x H)
Max User Weight	182 kg / 400 lbs.
Assembled Weight	122.5 kg / 270 lb
Shipping Weight	158.3 kg / 349 lbs.