

**ae**  
**ENFORCER**



## SINGLE MAN SCRUM SLED



**Ideal for reviewing players' posture, packing and scrummaging technique**



**Folds down and can be flat packed**



**Can be custom made**



**Suitable for juniors through to elite**

### **BENEFITS**

Enforcer's sleds are ideal for reviewing players' posture, packing and scrummaging technique, either as an individual or as a pair.

They can be used for specific fitness and conditioning to develop torso and leg driving strength.

This machine folds down in a matter of seconds to an easily transportable, space saving flat pack which is ideal for travel and storage. Perfect for use on the road where access to training equipment is limited.

### **FEATURES**

The Enforcer Single Man Scrum sled has been designed for one on one sessions.

This enables the coach to look at the individual's posture/technique whilst at the same time working on torso and leg strength and conditioning.

### **SPECIFICATIONS**

Weight  
**100kg**

Width  
**70cm**

Length  
**195cm**

Height  
**91.5cm**