

GruntSled Principles

The GruntSled is designed to be used as an on-field power developer with a number of alternative pushing positions. It has an optional shoulder pad attachment enabling the athlete to adopt an optimal pushing position.

Unlike conventional sleds, where they are very stable when being moved, the short narrow tubular base of the GruntSled means it will easily veer from a straight line without the correct force application. This activates the core muscles to work harder during the movement to keep it moving in the correct direction.

A unique feature of the GruntSled is the use of chain during the movement. Adding chain enables the loading to be progressively increased the further the sled is pushed. This is to counteract the problem with conventional sleds where the static friction, which the athlete has to overcome in order to start the sled moving, is much greater than the force needed to keep it moving forward. Combining the smaller frame and chain means that the GruntSled has substantially less friction but more resistance than conventional sleds.



What are the benefits of using the GruntSled?

GruntSled exercises not only help train for explosive power; they can also be used to train for strength, stabilization, and balance by activating the core more than any other sled. Given that nearly all multi-joint movements of the human body involve the core to some degree, using the GruntSled can be a key part of training for this area.



Operation

The GruntSled can be used the same way as any other sled. When using the chain attachments, lay the chain in the direction you wish to push, as the sled is moved the chain will be picked up.

Resistance training, calisthenics, plyometric and cardio exercises are all suited to the GruntSled enabling the user to create dynamic workouts suited to any requirements.

Additional features

- The high bar design allows athletes of all heights to create the ideal power line position behind the sled so that the hips are inline with the shoulders and feet.
- The low bar focuses more on the quads and gives the user a real 'burn'.
- The low bar also adds functionality and has 3 clip points suitable for almost any attachment.
- Olympic sized centre pole as standard. A 1" centre pole is also available.
- Easily stackable, saving you space in storage.
- Other accessories available include pad attachments (below) and the Ground Rotational Trainer (GRT), which can be used as a standalone piece in an Olympic sized weight plate or in the centre of the GruntSled.

Endorsements

"We have used the GruntSled a lot. It is very effective biomechanically and in creating force in a straight line. It has been ideal for any athletes wanting to run faster or rugby players for increasing force through a tackle or ruck for example. We also want them to push it for long distances and to do that in the ideal low position to drive the quads and glutes, the pad attachment turns it into a sled which enables the athlete to put the shoulders into it, keep the hips very low and just push with whatever loading you want on there. I couldn't recommend it highly enough."

Martin Harland – Head Sport and Exercise Scientist, Sydney University

Specifications

Dimensions: L 90cm x W 65cm x H 75cm

Total length with pad attachment 125cm

Weight: ~25kg

