

# Landmine Training



## Landmine

A ground-based rotational training device that works the entire body. Perform explosive 1- and 2-arm movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the 12" pivoting sleeve at the units base. A 4" sleeve holds standard 1" bars. Portable for use in or out of the weight room; includes handle for easy transport. Solid steel. Nonskid rubber bottom. Assembly required. Black. Base: 19-1/2" L x 16" W.

Combine with the *Wide Handle* or the *Narrow Handle* for work that targets the shoulders, core, and hips. Wide handle has ergonomic grips positioned approximately 26" apart. Narrow handle grips are positioned approximately 7" apart and covered in thick foam padding. Solid steel. Black. Connector pivots side to side and top to bottom.