

Nordic Curl Attachment

SPECS

Material Tubing	1/4" Steel Plate
Height	11"
Width	19"
Depth	15"
Weight	25 LBS
Foot Print	11" x 19" x 15"
Made In Usa	Yes

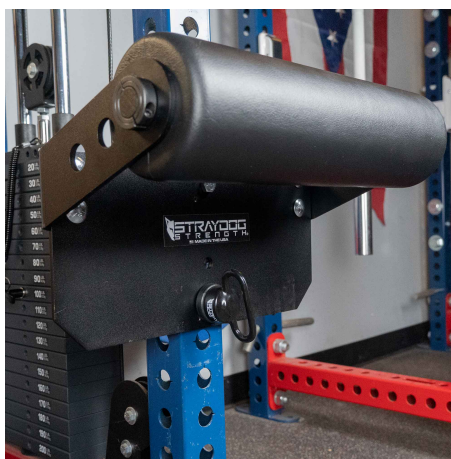


The Nordic Curl Attachment provides a more stable and supported way for athletes to perform Nordic Curls. While an Alpha Single Roller can work, this attachment includes a foot plate that allows athletes to lock in securely—similar to a GHD. It mounts to any 3×3" upright with 1" or 5/8" holes and can be added to a rack, Lat Pull Down, or Cable Column. Use bands or cable resistance for assisted reps depending on your setup.

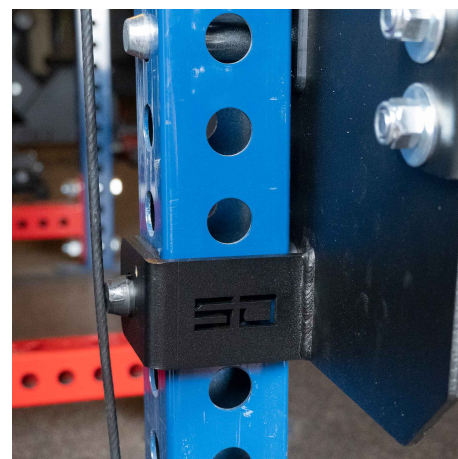
FEATURES



3 Depth Settings



1" and 5/8" Holes



Bar Cup Like Bracket