



**PRO LOG**<sup>®</sup>

**TRAIN TOGETHER,  
WIN TOGETHER**

**HARNESS THE ADVENTURE  
AND OBSTACLE COURSE  
RACING PHENOMENON  
THAT'S SWEEPING THE UK**

- Innovative way to expand your group training offering indoors and outside
- Accommodates up to 4 users
- Flexible weight system enables you to retrospectively increase and decrease the weight of the ProLog® to suit the training demands of members
- Excellent way to deliver physical, mental and leadership challenges. Ideal for sports team training or even corporate team and leadership events
- All the challenges and benefits associated with conventional wooden log training but without the health & safety risks
- Double stitched durable handles are positioned across the product to facilitate multiple exercises and carrying techniques
- Low maintenance

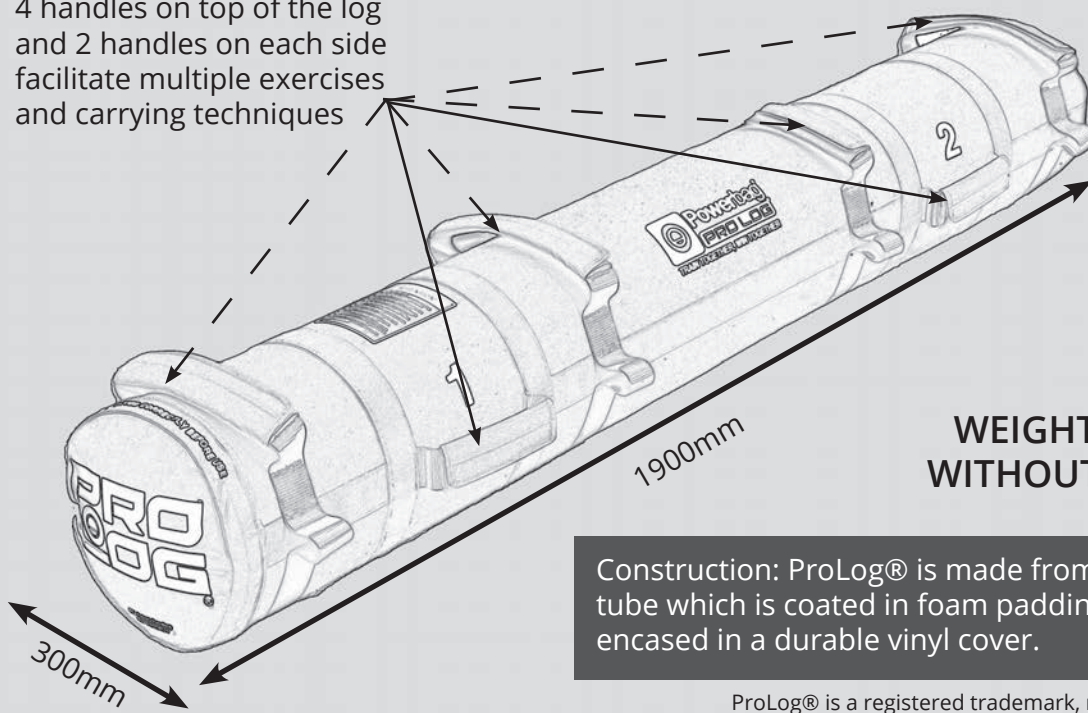
Worth an estimated £12 million annually, the UK's appetite for extreme fitness challenges like Tough Mudder, Spartan Race and Total Warrior is on the rise and presents an exciting opportunity for gym operators.

ProLog® bridges the gap between this rapidly expanding trend and health club programming, bringing a unique group training system which requires every member of the team to work together and co-ordinate their efforts to achieve a common goal.





4 handles on top of the log and 2 handles on each side facilitate multiple exercises and carrying techniques



Granted patent no. GB252040

**WEIGHT = 26KG  
WITHOUT INSERTS**

Construction: ProLog® is made from a Polyethylene tube which is coated in foam padding and then encased in a durable vinyl cover.

ProLog® is a registered trademark, registration no. 1269434.

## CHANGING THE WEIGHT OF THE LOG

ProLog® is available with a range of weighted inserts that enable you to quickly and easily change the weight of each log.

Each weighted insert is made from a sealed galvanised metal capsule, approximately 1700mm long and 250mm in diameter.

The capsule is located behind a heavy duty screw cap located at one end of the log which is covered with a Velcro vinyl and foam padded cover.

Simply unscrew the end of your ProLog® and the capsule will slide out. Once removed you can insert an alternative capsule, adjusting the total weight of the log to suit members' abilities or training requirements.



## WARRANTY INFORMATION

Each ProLog® comes with a 12 month warranty against manufacturing defects.