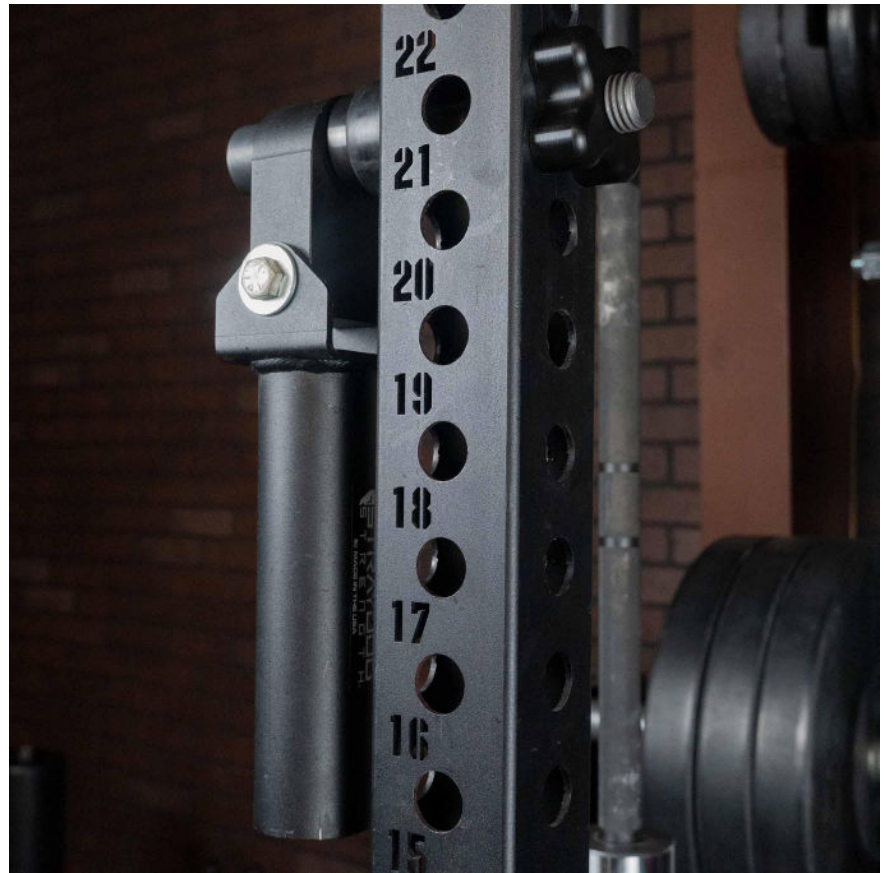


# Landmine

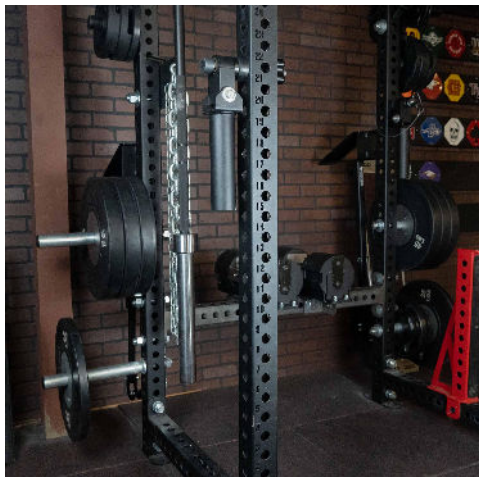
## SPECS

MATERIAL	Aluminum/Steel
HEIGHT	9" Bar sleeve
WIDTH	2.5"
DEPTH	6" Threaded Attachment Peg
WEIGHT	8.4 LBS
FOOT PRINT	9"x 2.5"x 6"
MADE IN USA	YES

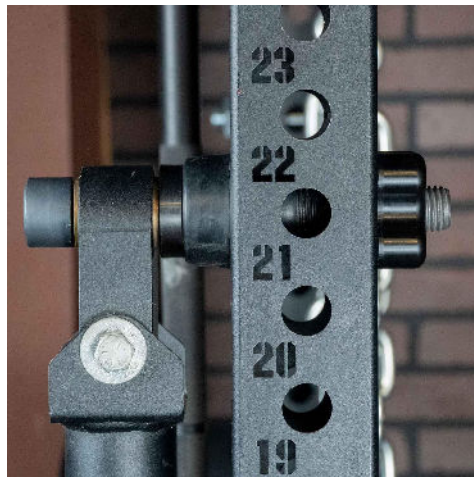
## FEATURES



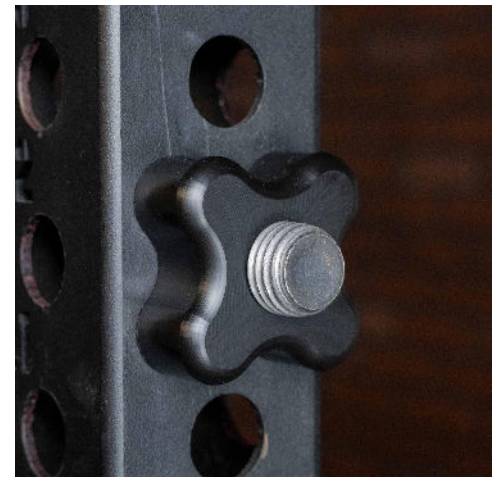
Our Landmine is very versatile, thanks to our Adjustable Nut it has the ability to go into any 1" hole on 3x3 tubing. Adjustable Landmines allow you to hit different angles that are not possible with a traditional bolt-on landmine. Move it to the middle of the upright to make Over Head Press, Landmine Squats, and other exercises more difficult with the same weight.



Movable to any hole



Rubber Stop to protect post



Adjustable Nut with Plastic