

Nordic Plate Attachment

SPECS

MATERIAL	1/4" Steel Plate
HEIGHT	11"
WIDTH	19"
DEPTH	15"
WEIGHT	25 LBS
FOOT PRINT	11" x 19" x 15"
MADE IN USA	YES

FEATURES



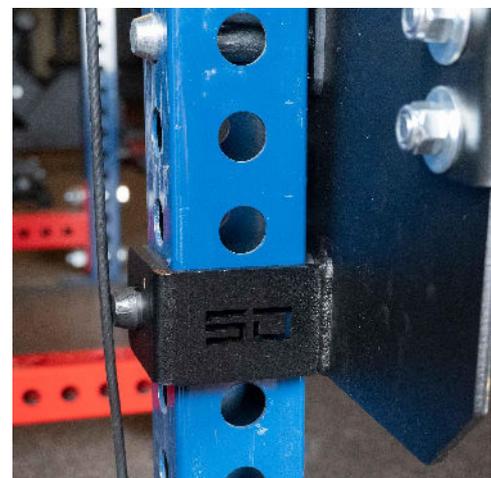
The Nordic Plate Attachment was designed to make Nordic Curls feel more secure with a foot plate to lock your feet into similar to a GHD Machine. The Nordic Plate Attachment allows athletes to easily add assistance by placing it on the upright of a cable column or lat pull down, athletes can put on a belt on or hold handles to use the weight stack for assistance.



3 Depth Settings



1" and 5/8" Holes



Bar Cup Like Bracket