



ECO-TEK Multi-Flex artificial grass prowler/sled tracks are designed to reduce impact sound transmission and vibration created by a wide range of exercise activities including weighted sled pushes.

Sled track exercises help build strength, speed, and endurance.

- Sled work: Sled pulls and other sled exercises
- Functional training: Functional fitness routines, including cross-fit exercises
- Plyometric exercises: Involves short, intense bursts of activity that target fast-twitch muscle fibre's in the lower body.
- Multi-Flex sled tracks can be used for stretching, weightlifting exercises, circuit training and HIIT training.

Sled tracks are a vital part of a gym's strength and conditioning program. They reduce the risk of injury by absorbing shock and protecting against muscle or ligament strain. When choosing a sled track, it is important to consider durability, grip, shock absorption and flexibility. It is important that tracks can be easily relocated or expanded so that leisure facilities can respond to the changing demands and popularity for different types of exercise routines.

Multi-Flex TRi20

20mm + 14mm x 1000mm x 1000mm

Multi-Flex TRi30

25mm + 14mm x 1000mm x 1000mm

Track Base: 20/25mm (thickness) x 1000mm x 1000mm Interlocking rubber tiles with cone base profile to improve shock absorption. Each tile interlocks using multi-point connectors allowing tiles to be removed vertically.

Top Surface: 14mm Artificial turf with optional woven white number/line markers. DTEX 4500 Density, 76,500 tufts/sqm.

Colour Options: Black/Blue/Green artificial grass. Dimensions: 1000mm x 1000mm interlocking tile increments creating bespoke track sizes and designs.

Structural Base: Concrete Slab SR1 level subfloor

Acoustic performance: 25dB Impact sound improvement

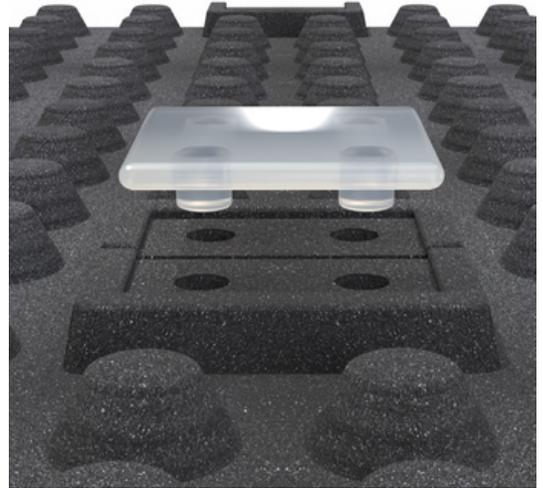


Profiled Acoustic Base

Specialised cone shaped profiles provide increased shock absorption and significantly improves the anti-fatigue properties for athletes.

Strong Adhesive-Free 8-Point Locking System

Connectors secure the tiles on each corner and mid-side positions. The vertical locking mechanism makes it easy to remove individual tiles for maintenance without disturbing surrounding flooring.



Multi-Flex grass prowler tracks interlock into surrounding Multi-Flex rubber tiles. Tracks are installed adhesive free allowing complete flexibility to uplift and move or expand the track in the future.

System Details:

- **Adhesive free fixing system** - Improving flexibility of spaces, avoiding contamination of subfloor and easy repairs or replacement of worn tracks.
- **Flexible** - Tracks can be expanded or relocated easily allowing fitness facilities to respond to the changing demands for new fitness routines.
- **Interlocking** - Tracks interlock with Multi-Flex 20/30 rubber tiles creating a seamless removable track system for future flexibility of fitness spaces.
- **Base** - 20mm/25mm rubber base gives superior shock absorption compared to standard tracks.
- **Acoustic Isolation** - Isolates impact noise and vibration from gym equipment. Prevents impact sound transferring into the structure and causing noise complaints.
- **Markers** - Interwoven providing long term durability.
- **Anti-Fatigue** - Creates a safe exercise platform for users that reduces fatigue and injuries.
- **Sustainable and Recyclable** – Manufactured using recycled rubber.

Data Sheet

Multi-Flex Interlocking Sled Track

Colour Options

Artificial Grass
Blue, Black, Green

