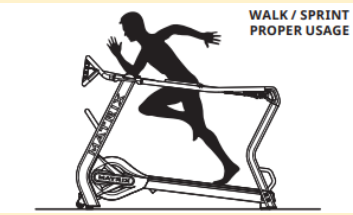
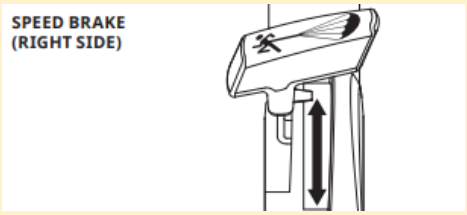
The S-Drive Performance Treadmill

How to use:

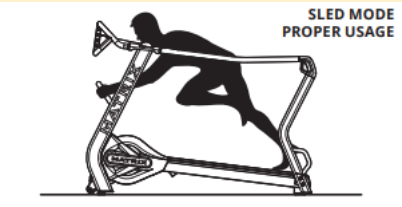
- There are two modes; **Walk/Sprint or Sled**

- **Walk/Sprint Mode:**
  - Strap the harness at your waist level.
  - Connect the harness according to your preferred height.
  - Adjust the resistance by controlling the level on the right.





- **Sled Mode:**
  - Remove the harness. Hold on to the upper or lower handlebars in front of you, depending on your preferred height.
  - Adjust the resistance by controlling the level on the left



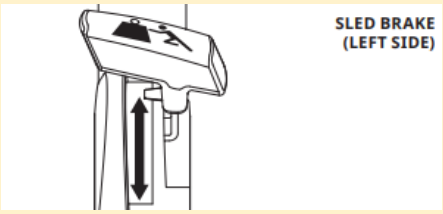


Image source: https://fleetfitness.com.au/assets/product/Matrix-S-Drive-Manual.pdf

Video Demonstration:

Click the image below to discover the various exercises you can do on the S-Drive!