

FORCE 8 – SCRUM MACHINE

- ✓ **Safety** for players;
- ✓ **Strong** frame and components;
- ✓ **Smart** pull and resistance;
- ✓ **Simple** to use and store.



Scrummaging machine for Rugby XV's and 7's. For use on natural or artificial grass.

An innovative winch system controls force and speed in both directions (backwards and forwards). Force is generated by a 13,000 lbs electric winch, which creates resistance to push and resist.

FORCE 8 has been developed over the last 5 years and tested for the last 3 seasons on international Portuguese players in the Senior men's XV's team, U20's, U19's and clubs in Portugal.

This flexible scrummaging system can be used from U15 age levels up to elite senior squads.

It comes complete with 8 wheels for easily transport and handling and can be stored vertically to save space. The synthetic cable must be anchored to a fixed point at ground level and is totally safe for all players and users.

The FORCE 8 scrummaging machine means players' drive is controlled by the coach. Designed for training eccentric resistance by simulating greater opposition strength.

Sponsors space in cover, frame and pads.

Technical features:

- ✓ Dimensions: width 140 cm; length 140 cm; height 90 cm;
- ✓ Weight: 120 kg;
- ✓ 13000 lb Stealth Winch with synthetic cable;
- ✓ Battery: 80-100 Amps with battery Charger;
- ✓ Made of galvanised steel with anti-rust treatment and Epoxy coating;
- ✓ User manual;
- ✓ Options: Cover, Acrylic glass for sponsors;
- ✓ Warranty: 2 years against manufacturing defects.

Advantages:

- ✓ Very light. Can easily be transported by one person;
- ✓ Can be used on natural or artificial grass without damaging the turf;
- ✓ Frees up other players as no need to use extra players for weight;
- ✓ Coach has total control over speed and force of drive forwards and back;
- ✓ Ideal for eccentric training;
- ✓ Totally safe for training with players from 15 years of age and up;
- ✓ Space between shoulder pads can be adjusted to suit size of players.

Instruction Manual:

Before using the machine read these instructions and the safety guide carefully. Be sure to understand all instructions before using machine. Keep this manual for future reference.

Warnings:

The machine must not be used in the absence of a coach who has had the necessary FORCE 8 training and Force 8 Certificate.

NEVER USE WITH A STEEL CABLE. May cause severe injuries.

Use only the synthetic cables provided by the manufacture.

Manufacturer's safety guidelines must always be respected.



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