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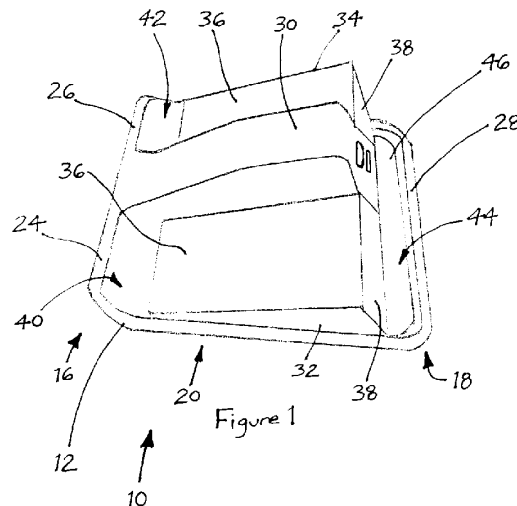
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(54) Title: EXERCISE SLED



(57) Abstract: An exercise sled for performing a core strengthening exercise routine has a load bearing body with a bottom configured to slide on a ground surface by pushing or pulling by a person performing the exercise routine, a front end which has wall portions for receiving the hands, knees or feet of the person, a rear end which has wall portions for receiving the feet of the person, an intermediate region which has an elevated portion separating a first ramp portion from a second ramp portion. Each of the first and second ramp portions has a forward-facing ramp surface and a rearward-facing ramp surface. A first open recess is located between the wall portions at the front end and the forward-facing ramp surfaces. A second open recess is located between the wall portions at the rear end and the rearward-facing ramp surfaces.

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