

# TRAINING EQUIPMENT - Scrum Machines

The Low One, Junior Low One  
Double-Ended Low One

**Made in UK**

## 'THE LOW ONE'

As used by:

NAAS RFC, LEICESTER TIGERS,  
LONDON WASPS, THE ARMY, BEDFORD,  
BRISTOL, BLACKHEATH, COVENTRY, ESHER,  
EXETER, HARLEQUINS, LONDON WELSH,  
MANCHESTER, NORTHAMPTON SAINTS,  
NOTTINGHAM, RUGBY LIONS,  
CAMBRIDGE UNIVERSITY, HARROW  
SCHOOL and  
many, many more.

The origins are based on the key features from New Zealand and Argentina.

'The Low One' is designed to build a powerful efficient scrum through developing the latest dynamic LOW scrummaging techniques and TIMING the HIT and SHOVE.

It is manufactured from the best quality treated timber, and padding with special foam to absorb the initial hit. It is advised that the Low One needs servicing once every 3 years, so maintenance costs are minimal.



'The Low One'

Choice of natural wood, sprayed black or sprayed colour of choice

Probably the best selling Scrum Machine in the World!



Junior Low One

Suitable up to 14 years old approx

<b>A</b>	'The Low One' :	2110	€1,800
<b>B</b>	Junior Low One:	2115	€1,450
<b>C</b>	Double-Ended Low One:	2118	€3,000
	Spare 'Low One' pads x 4	2139	€245
	Single pads - each	2139	€80
	Spare Junior LO pads x 4	2138	€300
	Single pads - each	2138	€95

<b>D</b>	Optional Covers		
	'The Low One'	2120	€110
	Junior Low One	2125	€95
	Double-Ended Low One	2128	€150



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2130  
€14 each ▲

Optional Ram bags to take up to 1cwt of sand each (not supplied) (9 recommended for 'The Low One', 4 for Junior Low One)

## REMOVABLE PADS for Low One, JLO & DELO

- Stops vandalism
- Pads will last much longer

Only €270 extra  
2139-R ▼



**NEW SET OF 4 PADS**  
If you require a new set of removable pads for an existing Low One, the total cost including the conversion kit is €500 +VAT. And if you require a scrum machine service we will carry out the above conversion work FOC.

All 'Low One' models are fitted with straps for props

The Ram Low One Scrum Machine has been a revelation for our forwards. Because we can now get lower than most of our opposition we can use the scrum as a place to attack. We have now made Rugby a strong sport at the School on the back of this excellent machine.

Ian Breeze, Director of Sport, Dame Alice Owen's School

### Specifications

	Low One	Junior Low One	Double-Ended
Length	8' 6" (259cm)	6' 6" (183cm)	11' 3" (343cm)
Width	4' 6" (138cm)	4' (122cm)	4' 8" (142cm)
Height	2' 9" (84cm)	3' 5" (104cm)	3' 6" (107cm)
Approx. Weight	3cwt	2cwt	5cwt

# TRAINING EQUIPMENT - Scrum Machines

Ram Scrummage Sled  
Ram Preppie, Ram Rukker

## RAM KIWI LOW PROFILE SCRUMMAGE SLED

- Clear non-slip floor area for optimum safety of players, if used. Alternatively, an area for ballast bags.
- All bags and pads are easily removed for security and storage.
- All-steel frames for durability.

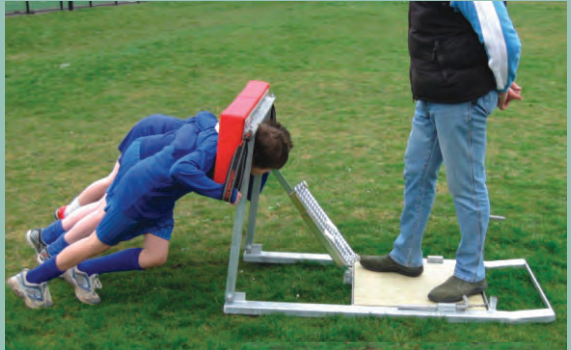
Code: 2178 **€1,900**



## RAM PREPPIE

(recommended for 7-11 year olds)

- The IDEAL way to introduce young age players to the scrum.
- SAFE & SIMPLE to operate even by inexperienced personnel.
- BUDGET price for schools and rugby club junior/mini sections.
- RUGGED design for years of trouble-free service.
- LIGHTWEIGHT - only 50kg.
- Folds flat for easy transport/storage. (1m wide x 1.4m long x 30cm high)



**€1,100**

Code: 2184



## RAM RUKKER

- Ruck and maul coaching
- Galvanised steel
- Single or group use
- Ideal for U9s - U13s

Code: 2188 **€1,300**



Roy Hankinson,  
Head of Sport  
at Danes Hill School,  
teaching some boys  
the finer arts of rucking

Full range of Predator  
Scrum machines are  
available from  
Ram Rugby.  
Tel: 01 6877180

## SCRUM MACHINE SERVICING

### MANUFACTURERS' AND/OR RAM'S RECOMMENDATIONS:

- Ram Low One – Every 3 years
- Predator Roller Machines and Sleds – Every 2 years
- Rhino Roller Machines and Sleds – Yearly

Special Ram Prices	1 off	3 Services Contract Fixed Price per service
Ram Low One	POA	POA
Rhino & Predator Sleds	POA	POA
Rhino & Predator Roller Machines	POA	POA

Prices cover a full service and safety check which includes:

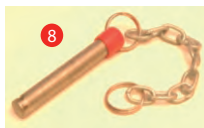
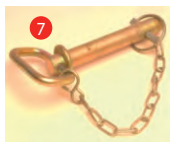
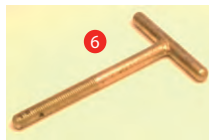
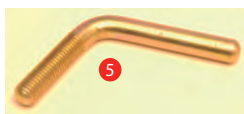
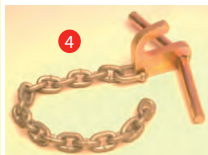
- Total greasing
- Thorough check of key parts
- Detailed evaluation of pads
- Change of bungees and other spare parts extra as necessary

Ram-parts for Rhino machines:

- 1 Rhino Scrum Pad (loose head)  
Code: 2140 €120
- 2 Rhino Scrum Pad (tight head)  
Code: 2141 €120
- 3 Dummy Head  
Code: 2142 €35
- 4 Hook, Chain & Shackle (4 per machine)  
Code: 2143 €35 each
- 5 Front Brake Handle. Code: 2145 €20
- 6 Rear Brake Handle. Code: 2146 €20
- 7 Front Locking Pin & Chain.  
Code: 2147 €25 each
- 8 Rear Locking Pin. Code: 2148 €6
- 9 Cover for Rhino PH1 (not shown) Code: 2190 €180
- 10 Bungees (average 48-72 per machine)  
Code: 2144 €2 each



AND the issuing of a Safety Certificate for insurance purposes



Covers and other spare parts available for Rhino and Predator machines on application

**ORDER NOW FROM RAM FOR A QUALITY SERVICE AT A MOST COMPETITIVE PRICE!**