

MULTI GRIP BAR

BAROLYMG



Enhance your curls, presses, and other barbell exercises with this specialty Olympic Barbell, engineered to minimize strain on your wrists and shoulders. Narrow grips focus on the triceps, while wider grips engage the chest muscles. Ideal for forward squats, bench presses, skull crushers, and a variety of other lifts.

FEATURES

- Finish: Black Powder Coat
- Material: Steel
- Grip Diameter: 32mm
- Sleeve Diameter: 48mm (1.9")
- Overall Length: 82.25-in.
- Sleeve to Sleeve Length: 53-in.
- Loadable Sleeve Length: 14.5-in.
- Space Between Grips: 2.5-in.
- Grip Length: 7-in.
- Knurled Grips
- 1000 lbs weight capacity

ACCESSORY OPTION:

Keep weights secure during workouts with Lock-Jaw Pro2 Axle collars specifically designed for clamping 1.9" bars.

Style #AC-LOCKJAWPR2-AXL

