

Swiss Multi-Grip Bar SB-FBB



The Swiss Multi-Grip Bar is a versatile and essential tool for pressing and rowing exercises, meticulously designed to alleviate stress on the wrists, elbows, and shoulders. Its adaptability extends to a wide range of movements, including bench presses, incline presses, rows, overhead presses, curls, triceps extensions, and it holds particular value in football training.

With knurled handles that enhance grip and workout comfort, this bar is applicable to multiple exercises such as bench presses, floor presses, lockouts, JM presses, and shoulder presses. Its versatility makes it an indispensable addition to any strength training regimen.

Specs

- Design: Fully Welded Swiss Multi-Grip Bar.
- Handles:
 - 4 Neutral Grip Handles
 - 2 Angled Grip Handles
- Knurled for better grip
- Handle Diameter: 1.25 inches
- Weight of Bar: 42 lbs.
- Olympic Sleeves:
 - Diameter: 1.91 inches
 - Loadable Length: 16 inches
- Rack Compatibility: Rackable on most standard power racks (distance between collars is 52 inches).
- Included: 1 Swiss Multi-Grip Bar. ProLoc Strongman collar purchased separately.

