



Dual Height Fat Grip Hex Bar SB-HX-DH

Dual Height Fat Grip Hex Bar is a versatile and indispensable addition to any training center, catering to athletes looking to enhance their leg, hip, and back strength while minimizing lower back strain. This sturdy tool excels in rehabilitation and the pursuit of achieving one-rep max (1RM) in deadlifts. It also serves exceptionally well for shrugs and squats. With its fully rackable design, it offers the flexibility to be used in various orientations, whether right-side-up or upside down, making it an incredibly adaptable piece of equipment for comprehensive strength training.

For enhanced safety and collar performance on standard-diameter bar sleeves commonly found on strongman equipment, consider the separately available ProLoc Strongman collar. This collar is specifically designed to fit the 1.90 standard diameter of bar sleeves on strongman bars, including fat bars, cambered bars, hex bars, safety squat bars, log bars, and farmers walk handles. It ensures superior safety and collar performance for all your strongman bars.

- Weight: 41LBS
- Handle Diameter: 1.910"
- Overall Length: 82.5"
- Distance between Handles: 25"
- Loadable Sleeve Length: 16.625"
- Sleeve Diameter: 1.910
- Included: 1 Dual Height Fat Grip Hex Bar. ProLoc Strongman collar purchased separately.

