

## SQUEEZEBAR-ELEGANCE

**Designed for**  
Functional training

**Manufactured**  
Made in Germany

**Perfected Rotation**  
Designed for smooth and controlled rotation under load

**Knurling**  
Balanced grip for a secure hold on the handles



### Designed for high repetition and high loads

The Squeezebar-Elegance was specially developed by sports scientist Daniel Kuczminski and engineers for functional training. It is designed for use in premium fitness studios, sports clubs, hotels, sports rehabilitation centres, home gyms and personal training. The unique selling point of the Squeezebar-Pro Classic is its two bearing handles that run on a spindle system. The spindle system is divided into a left and right-hand thread. The thread has a pitch that is selected according to the athlete's biomechanics and allows a natural movement pattern of the athlete. During movement, the handles influence each other and allow a synchronised movement with maximum support, as the bar rotates in two different directions. Precision bearings guarantee stable, controlled rotation, which is crucial for high performance.

<b>Length</b> 2000mm   78,74 in.	<b>Weight</b> 15kg   39,683 lbs	<b>Spindle Diameter</b> 32mm   1,25 in.	<b>Spindle length</b> 1300 mm   51,181 in.
<b>Sleeve surface</b> Burnished	<b>Sleeve Diameter</b> 50 mm   1.97 in.	<b>Loadable Sleeve Length</b> 320 mm   12,59 in.	<b>Max. Load</b> 160 kg   352,74 lbs
<b>Spindle Material</b> Hardened steel	<b>Bearings and Bushings</b> Needle bearings	<b>Handles</b> Ball bearing	<b>Handle surface</b> Steel

