

## SQUEEZE BAR-LITE

### 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.

### Length

1600mm | 62,99 in.

### Weight

9kg | 19,84 lbs

### Spindle Diameter

25mm | 0,98 in.

### Spindle length

1095 mm | 43,11 in.

### Sleeve surface

Burnished

### Sleeve Diameter

50 mm | 1.97 in.

### Loadable Sleeve Length

260 mm | 10,23 in.

### Max. Load

100 kg | 220,46 lbs

### Spindle Material

Hardened steel

### Bearings and Bushings

Needle bearings

### Handles

Ball bearing

### Handle surface

Steel

