

BSTCB Cannonball Grips



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Grip strength is often overlooked in strength training, but it is a critical aspect to increase performance of athletes and fitness enthusiasts. Body-Solid Tools Cannonball Grips provide several ways to increase grip strength. Attach them to a pull-up bar and you can perform pull-ups and chin-ups focusing on grip strength. Users can also link them to dumbbells or barbells and perform lifts and other exercises again focusing on grip strength.

The Cannonball Grips feature a non-slip matte red paint finish and a strong nylon strap to fit any chin-up bar, Olympic bar, or dumbbell. For added safety, stability and customization, the Cannonball Grips come with an upgraded strong, sturdy carabiner attachment which allow users to swap the Cannonball Grip with other Body-Solid Tools grip strength products including the BSTDB Dog Bone, BSTNG Nunchuck Grip. The Cannonball Grip can also be quickly and easily attached to home gyms, cable crossovers and other cable machines.

Special Features

- 3" diameter
- Welded steel hook
- Non slip red matte paint finish
- Strong nylon strap
- Sturdy carabiner for added safety, stability and customization
- Quickly and easily attach to a kettlebell, weight plates, chin-up bar or on a cable machine
- Dimensions: 3"L x 3"W x 3.8"H (12"H w/strap)
- Product Weight: 2.7 lbs.