

BSTNG Nunchuck Grips



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Challenge your grip strength and target your forearms with Body-Solid Tools Nunchuck Grips. Use Nunchuck Grips (also known as grandfather clock grips) for pull-ups similar to the classic towel grip pull-up or add them to a rig for a challenging monkey bar course. These state-of-the-art nunchuck grips provide high-level grip strength workouts but also offer targeted forearm movements similar to a rope climb.

Attach Body-Solid Tools Nunchuck Grips to a kettlebell or weight plate for additional grip strength movements like modified farmers walks. Non-slip matte red paint finish ensures stability throughout the movement and a strong nylon strap guarantees safe workouts every time.

Special Features

- Quickly and easily attach to a kettlebell, weight plates, chin-up bar or on a cable machine
- Perfect for pull-ups, farmers walks and more
- Textured-surface for safety and stability
- Each Grip Size: 2" round by 6.1"H (grip length) / 15.2" H (w/ strap) /
- Product Weight: 2.9 lbs. (together)