

PUB2 Push Up Bars



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By using your body weight as resistance, Body-Solid Tools Push Up Bars will dramatically increase your strength as well as range-of-motion and turn ordinary push-ups into an explosive new workout routine. Uniquely designed to alleviate stress on your wrists and hands, the comfort-grip handles offer an infinite number of angles to blast your chest, shoulder and triceps muscles for maximum size and strength gains. With the turn of a lever they fold-down flat so you can pack them in your luggage.

Special Features

- Designed to improve your positioning for push-ups
- Alleviate stress on your wrists and hands
- Increases range of motion for deeper push-ups
- Slip-resistant foam covered handles for comfort
- Hard rubber footpads for stability
- Quick disassembly for easy storage
- Push-ups target your chest, shoulder, and back muscles