

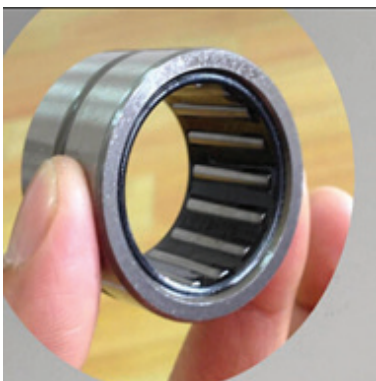
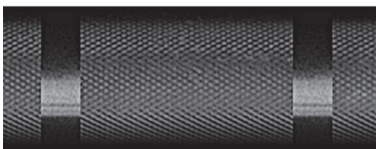
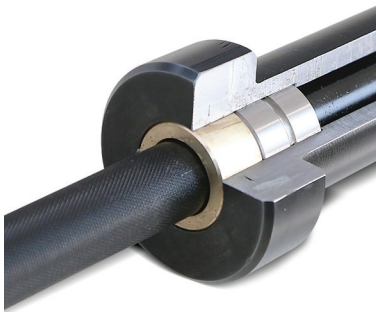
OB210FEM

15KG WOMAN'S NEEDLE BEARING OLYMPIC BAR

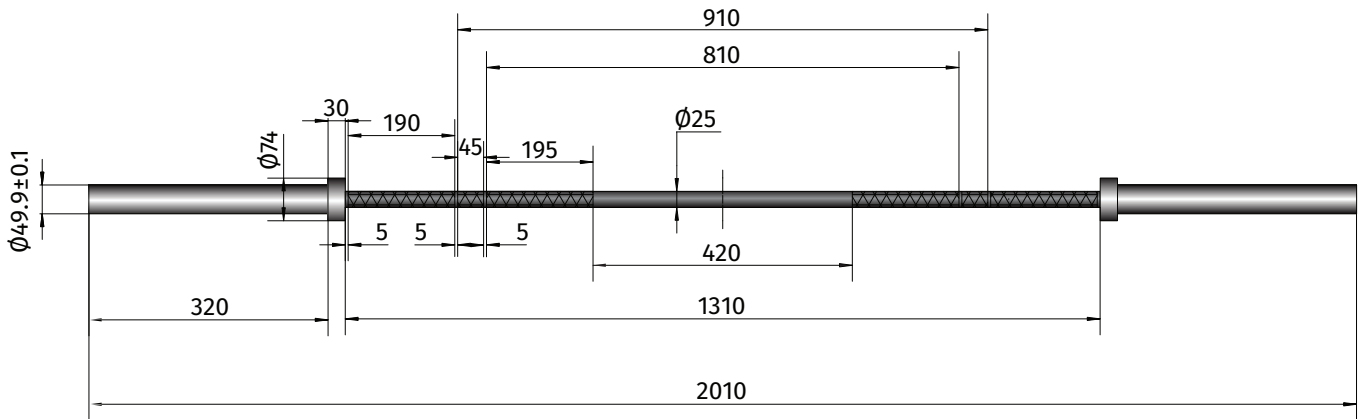


The OB220FEM Woman's Olympic Bar with Needle Bearings is made from the highest tensile strength steel. Tensile strength is the measurement of force required to break solid steel Olympic bar shafts. At a rating of 200,000 PSI, the OB220FEM is able to withstand the harshest CrossFit WOD's, Olympic lifts with bumper plates or heavy powerlifting without compromising its structural integrity. The gripping area combines a 28 mm diameter shaft with medium knurling for outstanding holding power and a moderate amount of whip.

Sleeves are precision milled and secured with dual snap rings for extra strength. Inside each are 4 high quality needle bearings and a brass bushing, delivering buttery smooth rotation. Top that off with hardened chrome finish at a price less than half of comparable bars and you have a fantastic bar at a fantastic value.



Bar type	Woman's bar
Diameter shaft	25 mm
Bushing/bearing	4 Bearings
Knurl	Multi
Knurls marks	Dual markings, no center knurling
Tensile strength	200.000 PSI
Shaft coating	Black zinc
Sleeve coating	Hardened chrome
Product material	Alloy steel shaft, 45# steel sleeve, needle bearing, brass bushing, spring steel clips
Weight capacity	1200 lbs / 545 kg
Product size	L 2010 x W 49.9 mm
Netto weight	15 kg
Shipping weight	16 kg



THE DIFFERENCE BETWEEN BUSHINGS AND BEARINGS

Bushes and bearings refer to the mechanism on which the ends of the bar spins. So for a 20kg bar, we create a 7ft bar at 28mm diameter. We create an outer steel sleeve that is slipped onto each end of the bar and either bolted on to the bar, or clipped on. The outer sleeve then spins around the inner sleeve creating a rotating end.

But left with just an outer sleeve and inner sleeve, the spin will be very poor, and the components will wear out very quickly as you have the outer steel sleeve rubbing directly on the inner bar creating too much friction.

This is where the bushes and bearings come in. They sit between the bar and the sleeve, allowing the sleeve to spin more freely around the bar, reducing friction and wear. Bushings tend to be brass, or bronze (the latter being a better quality as it self lubricated).

Simply put, they fit between the bar and the sleeve either at just the inner edge, or inner and outer edges of the sleeves, reducing friction between the outer and inner sleeve, making the spinning movement smoother.



Bushings



Bearings