

BAR LOCKS

This essential Jammer Arm™ accessory locks your bar into place to increase training options. Using a bar lock adds additional safety for you and helps protect your barbell. Can also be used on any 3" x 3" rack configurations with 1" holes for isometric training.

SPECIFICATIONS

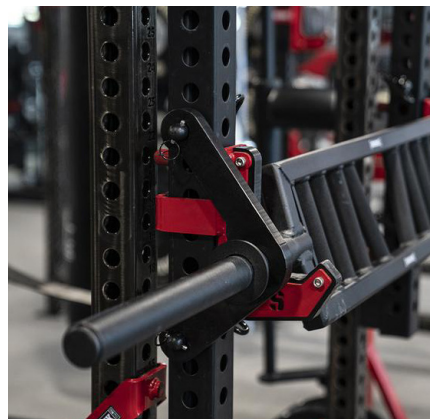
LENGTH	14.5"
WIDTH	8"
THICKNESS	1"
MATERIAL	HDPE
INCLUDES	Bar Lock (1 Pair) Hitch Pins (4)



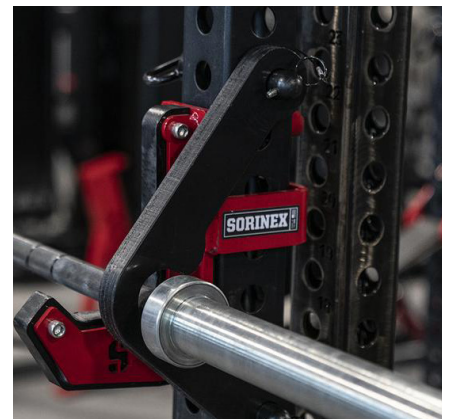
FEATURES



EASY TO STORE WITH INCLUDED HITCH PINS



BRIDGES JAMMER ARMS FOR BI-LATERAL MOVEMENT



4-WAY HOLE COMPATIBILITY