

# FARMER'S WALK HANDLES

Increase grip, lower body, and lower back strength with the Sorinex Farmer's Walk Handles. The Sorinex Farmer's walk handles are designed for Strongman training and grip strength training. Farmer's Walks are also a great way to implement strongman training into your WODs. These handles are plate loadable and fit both bumper plates and metal plates. Most handles are extremely heavy unloaded, making them only work for strongman training. The Sorinex Farmer's Walk Handles, however, weigh in at 27 pounds a piece, making them great to use for both men & women of all levels. Comes in durable Black Texture Powder Coat for increased grip. Note: Spring Collars will not work with sleeve.

## SPECIFICATIONS

LENGTH	60"
WEIGHT	27 LBS Each
HANDLE DIAMETER	1.25"
INCLUDES	Farmer's Walk Handle (1 Pair)

