

# LOG BAR

The Sorinex Log Bar offerings come with fully knurled parallel handles. They fit in standard Sandwich J-Hooks and are perfect for log press training. Three sizes and a training bar are available ranging from 40 lbs to 110 lbs to fit the needs of any individual. A must have for strongman training.

## SPECIFICATIONS

|                 |                       |
|-----------------|-----------------------|
| LENGTH          | 84"                   |
| TRAINING WEIGHT | 40 LBS                |
| 6" WEIGHT       | 57 LBS                |
| 8" WEIGHT       | 62 LBS                |
| 10" WEIGHT      | 110 LBS               |
| DIAMETER        | 1.12", 6", 8", 10"    |
| SLEEVE LENGTH   | 16" (12" for 10" Bar) |



10" DIAMETER LOG BAR

## FEATURES



8" DIAMETER LOG BAR



6" DIAMETER LOG BAR



LOG TRAINING BAR