

MULTI-GRIP BAR

The Sorinex Multi-Grip Bar features 8 different grip locations that allow you to press or pull in a neutral, wide, or angled position. Otherwise known as a "Football Bar", the Multi-Grip bar is a standard tool in strength programs looking to minimize shoulder stress during bench or overhead pressing movements. The Multi-Grip bar, similar to all Sorinex Specialty Bars, will accept all bumper or weight plates while conveniently storing in your rack, rig, or Iron Bear™ Storage unit.

SPECIFICATIONS

LENGTH	85.5"
WEIGHT	50 LB
SLEEVE DIAMETER	1.5"
SLEEVE LENGTH	16"
KNURLING	Medium Grade



FEATURES



VERTICAL AND ANGLED HANDLES



EASILY SWITCH FROM NARROW TO WIDE GRIP



MEDIUM GRADE KNURLING