

TRIPHASIC BARS™

Inspired by the innovative training book, Triphasic Training by Cal Dietz and Ben Peterson, the Sorinex Triphasic Bars are another Sorinex Original and industry first. There are three phases to Triphasic Training: Eccentric, Isometric, and Concentric. It is widely considered one of the most scientifically advanced methods used for explosive power and strength development. The Triphasic Bars are used in the third, Concentric, phase of training.

Primarily used for over speed banded plyometric jumps, the bars can also be banded to Jammer Arms for dynamic push/pull movements. Utilize them as high attachment points for TRX straps, rings, heavy bags,

SPECIFICATIONS

LENGTH	46"
WIDTH	3"
HEIGHT	26.75"
WEIGHT	32 LBS
TUBE SIZE	3"x3"
MATERIAL	11 Gauge Steel
INCLUDES	Triphasic Arms (2) Adjustable Loop Handles (2), 1" Cold Rolled Steel Bolts (4)



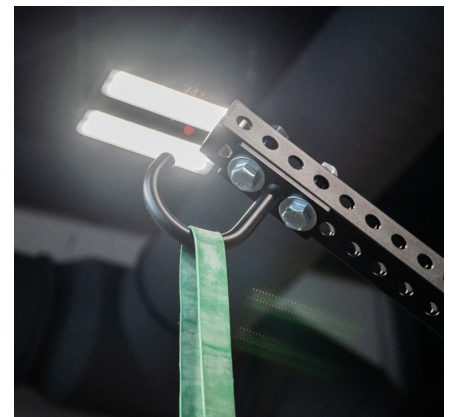
FEATURES



SECURED WITH 1" COLD ROLLED STEEL BOLTS



COMPATIBLE WITH MOST SORINEX RACKS



UPPER & LOWER BODY MOVEMENT CAPABILITIES