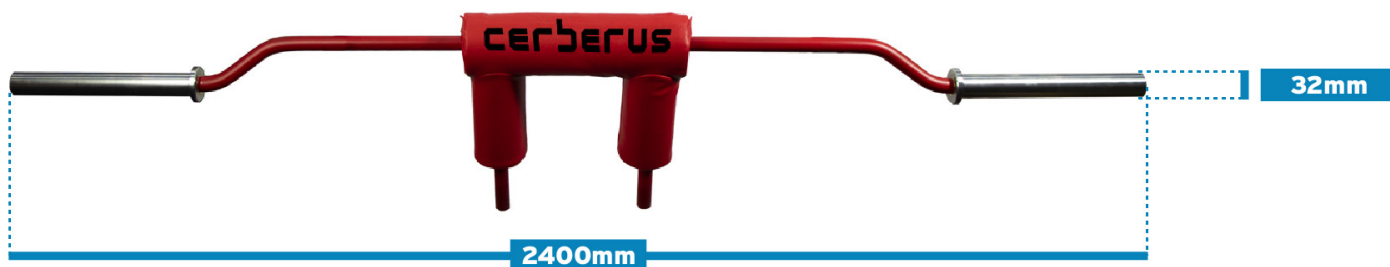


CERBERUS Safety Squat Bar



Description

SAVE YOUR SHOULDERS & BACK WITH OUR NEW IMPROVED V2 SAFETY SQUAT BAR

The CERBERUS Safety Squat Bar V2 is a fantastic tool to add to your training arsenal and really is a must have specialist bar. It is designed to allow those of us with poor shoulder mobility or shoulder injuries to do a back loaded squat, however it offers far more than just that.

The CERBERUS SSB V2 also makes a fantastic assistance tool to improve both your straight bar squat and deadlift. Our CERBERUS Safety Squat Bar V2 now comes as standard with 3 sets of specialist handles; two regular handles, two spider handles, and two chain handles. Our CERBERUS Safety Squat Bar V2 even more versatile and functional then before. You can now get the perfect hand position to suit your goals or size or to work round tightness/injuries.

Due to the unique shape and design of this bar it distributes the weight differently. The bar sits slightly higher on your traps than if you were to do a high bar squat. This puts the load in a different position (between a front squat and high-bar back squat) which makes squatting with this bar feel very different and has lots of unique benefits. Its strengthens your upper back and core. This is because the CERBERUS Safety Squat Bar has a camber which actually places the collar below the midline and at an angle to the vertical axis. This feature coupled with the fact the bar actually sits slightly higher on the shoulders will tend pull you forward. This forces you to have to fight to stay in the upright position to prevent folding. Its forward-facing handles mean that you no longer have to go through the pain or discomfort of trying to reach the bar if you have poor shoulder mobility or shoulder injuries and also eliminates the stress on your elbows and wrists. Because of the bar position sitting higher on your traps it also allows you to keep a far more upright position which in turn places less stress on your lower back helping to alleviate pain and improving your squatting technique which will carry over to your straight bar back squat also.

Features

- 390mm Loadable Sleeve Length
- 680.38kg / 1500lb Load Rating
- 225,000 psi Tensile Strength
- 3 Year Functional Warranty

Specifications

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| Material: | 32mm diameter |
| Length: | 2400mm |
| Height: | - |
| Width: | - |
| Weight: | 25kg |

