



Description

The Bench Fitness Multi Bar will add immense variety to any athlete's training, with multiple grip widths allowing athletes to engage a wider range of muscles through different ranges of motion. Neutral grip pressing movements have been shown to have much reduced impact on shoulder joints, thus enabling athletes to train at higher volumes and intensity with less wear and tear on the body. The Bench Fitness Multi Bar is ideal for pulling, pushing or even curling movements. With its loadable sleeves that fit all olympic standard plates, the Bench Fitness Multi Bar can be loaded with enough weight to challenge even the strongest athletes. The close grip angled handles, are the perfect handles for tricep extensions or a narrow curl. The two outside neutral handles are great for pressing and pulling movements.

Made using 40mm x 40mm box frame with 33mm thick knurled grip handles spaced at 250mm, 500mm and 720mm. The Bench Fitness Multi Bar Neutral is designed and manufactured using our Built Strong design philosophy and made to stand the test of time.

Finish on the coated sleeves may experience wear over time due to any contact with metal, such as when plates are added or removed.

Features

- Fully welded frame
- 48mm pipe loadable sleeves
- 33mm knurled handles
- Rackable

Specifications

Material:	40mm x 40mm steel tube frame
Length:	1900mm
Height:	286mm
Width:	50mm
Weight:	17kg

Dimensions

