

## Chrome Tricep Bar Barbell Heavy Duty with Spinlock Collars

RRP: \$104.95

Tricep muscles are often hard to target, but with the 1" Standard Solid Steel Tricep Bar, you've got the perfect piece of equipment for the job.

This specially-designed bar will precisely target your triceps with a full range of motion while minimising stress on the wrists, forearms and elbows. It accepts 1" standard-sized weight plates. It's plated in classic chrome and features metal knurls for a sure, stable grip. The weight of the bar itself is 6.5kgs (14.3lbs), and the maximum total weight allowance is 61.2kgs (135lbs).

Your upper body workout is not complete without a targeted tricep attack. Purchase the 1" Standard Solid Steel Tricep Bar today.

Features of the 1" Standard Solid Steel Tricep Bar:

- Precise targeting of your triceps
- Accepts 1" Standard-sized weight plates
- Solid steel construction, chrome plating
- Weight of bar: 6.5kgs (14.3lbs)
- Maximum weight allowance: 61.2kgs (135lbs)
- Metal knurled grips
- Carton dimensions: 85 x 22 x 4cm

