

Olympic Swiss Bar Specialty Barbell

RRP: \$509.95

This is a specialty Olympic Swiss Bar barbell, rated for lifting up to 500 lbs.

The overall size of this Chrome powder coated barbell is 2200mm, or roughly 86 inches.

The fully welded multi-grip Swiss bar is rackable on most standard power racks and has a weight of 27.5kg, or 60.5 lbs.

There are 8 neutral grip knurled handles.

Olympic sleeves on each side of the Swiss bar are 50mm in diameter with a 400mm loadable length.

Among the many applications of this specialty barbell are the bench press, floor press, lockouts, JM press, and shoulder press.

Also known as a multi-grip bar or football bar, the Swiss bar barbell helps alleviate many of the orthopedic issues associated with traditional barbell movements.

The varying positions of the grips allow for a more natural hand placement while lifting, which helps athletes avoid injury during exercise.

