

Olympic Tricep Bar

The unique design of the Olympic Tricep Bar isolates the triceps through an unrestricted range of motion.

The rectangular shape and two parallel centre handles offer fantastic grip and eliminate discomfort to the elbows, forearms and wrists.

This tool not only works the triceps, but can be used for a range of upper body strength exercises.



Brushed Steel Finish



Dual Knurled Handles



High Quality



Lightweight



Technical Specifications

Rating	Commercial
Bar Weight	10kg / 22lbs

Key Features

Brushed steel finish for increased durability and grip	•
High quality construction ensures years of reliable use	•
Standard fixed bar with no bearings	•
Dual knurled hand grips	•
Precision case for increased weight accuracy	•
Bar Weight: 10kg	•