

Standard Olympic Bars

The Gym Gear Standard Olympic Bar is ideal for intensive, impact based exercises including the Olympic lifts and Cross Fit style training.

More versatile than fixed-weight machines, the Standard Olympic bar is the perfect tool for developing the body's ability to lift raw weight while targeting multiple muscle groups.



Chrome Finish



32mm Diameter Grip



Integrated End Cap



Available in 5, 6 & 7ft



Technical Specifications

Rating	Commercial
Material	Hardened chrome finish
Bar Weight	20kg (7ft) 15kg (6ft) 12.8kg (5ft)
Size	7ft / 6ft / 5ft

Key Features

700lbs weight capacity	•
Hardened chrome finish	•
32mm diameter grip	•
37 inch internal dimensions	•
Integrated cap design	•