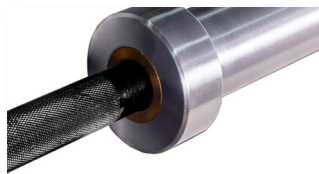


Womens Olympic Bar

The Gym Gear ladies Olympic Lifting Bar is easier to grip for smaller hands with a 25mm grip diameter, and is 5kg lighter than standard Olympic bars weighing just 15kg. The bar is coated in hard chrome for increased durability has 6 bearings provide greater stability. With Power Lifting and Olympic Lifting markings for varied workouts. Perfect for all Olympic lifting exercises, especially deadlifts where a good grip is essential.



Chrome Finish



1.2mm Knurling Depth



Integrated End Cap



28mm Grip Diameter

Technical Specifications

Rating	Commercial
Material	Hardened chrome finish
Bar Weight	15kg / 33lbs
Weight Sleeve	41.5cm
Knurling / Grip Length	43cm
Distance Between Grips	131cm
Knurling Depth	1.2mm
Size	6.6ft

Key Features

453kg / 1000lbs weight capacity	•
Hardened chrome finish	•
25mm diameter grip	•
Integrated cap design	•