

Land Mine Core Trainer

Increase the versatility of the Land Mine Core Trainer.

Portable and easy to store, the Gym Gear Landmine Core Trainer is ideal for commercial facilities, garage gyms and CrossFit boxes.

Our landmine core trainer provides a highly effective to improve core strength, stability, rotational strength and upper body mobility.

The multi-directional swivel and smooth fluid motion is suitable for a wide range of movements, including rotational exercises, presses, squats, rows and much much more!



Core Trainer Handle



Multi-directional



Technical Specifications

Rating	Commercial
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Key Features

Steel construction with textured silver coat finish is robust and guarantees excellent performance	•
Compatible with Olympic or standard bars	•
Built in plate holder and mounting holes for extra stability	•
Land Mine Core Trainer Handle is sold separately	•