

Olympic Swiss Bar

The Gym Gear Premium Olympic bars are made to the highest standards.

The Gym Gear Olympic Swiss Bar has 4 different grip positions to add variety to your workouts. These bars are great for all kinds of pressing and rowing exercises. By alternating your grip it is possible to alleviate pain typically felt during pressing exercises so you can continue to train chest and shoulders without the usual niggles in your shoulders, elbows and wrists. Many of the same exercises performed with dumbbells can be transferred to the Swiss bar for heavier loads.

Typical examples of exercises performed on the Swiss bar include bench press, incline press, overhead press, bent over rows, and hammer curls.

The Gym Gear Swiss Bar is preloaded at 30kg, forged from solid steel with a chrome coating, each handle has been knurled to provide improved grip during training.



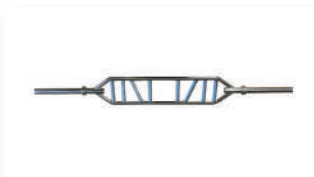
Solid Steel



Multi-angled Handles



Integrated End Cap



7ft Bar

Technical Specifications

Rating	Commercial
Material	Solid Steel
Bar Weight	30kg
Size	7ft
Loading Capacity	680kg

Key Features

Maximum load: 680kg	•
Multi-angled, knurled, thick handles	•
Choose from four different grip positions for enhanced comfort	•
Material: solid steel	•
Product Weight: 30kg	•
Length: 7ft	•