

## 1.2m Multi Function Olympic Bar / Cable Attachment

This Multi Function Olympic Bar, stands out as a specialized weightlifting bar tailored for versatility. Featuring additional grip positions strategically placed between the standard knurled areas, this bar opens up a broader spectrum of exercises and hand placements. Athletes and weightlifters benefit from the hand grips positioned at varying intervals along the bar, offering a comfortable and secure grip during exercises like bench presses, rows, and curls. Whilst the ballbearings allow for smooth movement of the grip to change up your workout quickly whilst eliminating the risk of injury.

Crafted from high-quality steel, it is engineered to endure heavy loads and rigorous training sessions. Not only that the attachment at the center of the bar allows for it to be used as a versatile cable attachment as well as an Olympic Bar.



Smooth Ballbearings



Knurled Grips



Durable Construction



Can be used as Cable Attachment

### Technical Specifications

<b>Rating</b>	Commercial
<b>Length</b>	120 cm 47.2 inches
<b>Weight Sleeve Length</b>	17 cm 6.6 inches
<b>Distance Between Grips</b>	27cm 10.6 inches
<b>Grip Width</b>	15cm 5.9 inches
<b>Weight</b>	14.8 kg 32.6 lbs
<b>Weight Capacity</b>	317.5 kg 700 lbs
<b>Material</b>	Solid steel Construction

### Key Features

Heavy duty construction ideal for high use free weight areas	•
Ability to be used as a Cable Attachment	•
Solid Steel Construction	•
Intergrated grips can be changed via ball-bearings	•
Dual knurled grips for enhanced grip, comfort and safety	•