

Open Ended Deadlift / Trap Bar

Gym Gears Open-Ended Deadlift Bar is expertly crafted for seamless weightlifting experiences, offering users a diverse array of lifting and training options. The open design, coupled with a neutral handle position, simplifies deadlifting technique, making it less demanding and more accessible. This robust Open-Ended Trap Bar is an indispensable addition to any dedicated strength and conditioning setup.



Open Ended



No Bearings



Easy to Store



28mm diameter grip

Technical Specifications

Rating	Commercial
Material	Steel and Normal Chrome coated
Bar Weight	23kg
Max Loading Capacity	300kg
Grip diameter	28mm
Bearings	No bearings
Dimensions	L 180 x W 60 x D 21 cm L 70.8 x W 23.6 x D8.2 inches

Key Features

300kg weight capacity	•
Steel and normal chrome coating	•
28mm diameter grip	•
Open design, loading system and grip markings make this bar approachable, easy to use and appropriate for more lifters	•
Easily move between the upright storage and loading position and the horizontal lifting position	•
The open design supports a variety of lunges and carries	•