

6ft Aluminium Training Bar

£149.00

Product Images



Short Description

Its crucial whilst introducing yourself to weight training to practice technique safely and effectively. This 6ft aluminium training bar helps you do this, as it weighs only 7kg and allows users to get used to the feel of exercises and having a bar with minimal load. It is great for newcomers to weigh lifting and Olympic lifts and gives you the chance to understand the techniques without having to lift a full 20kg Olympic bar.

- **Dimensions:** 6ft (1.82m) x 32mm Diameter
- **Sleeves:** Designed for Olympic 2" discs
- **Weight:** 7kg
- **Max Loading:** 91kg

Description

6ft Beginner Weightlifting Bar

Understand the techniques and feel the movements of Olympic lifts with this 6ft beginner weightlifting bar. Designed for those new to Olympic weight training, its nice to hold, and will help ease you into the world of weight training. Standard Olympic bars can weigh up to 20kg, so for young athletes or females this can often be too heavy and lead to injury. This 6ft beginner bar can take up to 91kg of weight and allows you to perfect your technique.

Dimensions: L 6ft (182cm) x D 32mm (Olympic 2"). Weight - 7kg.

Additional Information

SKU	6ATB
Weight	7.000000
Equipment Usage	Home Use