



Olympic Pro Training Bar 2,20 M / 20 KG B020

SKU: B020

Product Images



Short Description

Olympic bars are a **fundamental** part of your **functional training**, allowing you to incorporate **key weightlifting or crossfit exercises** when looking to increase your muscle **mass, strength and energy expenditure during training**.

With this **Titanium Strength professional bar**, you can perform **Start-Up, Load-Up or Lunges**.

Description

Why you should buy the Titanium Strength Olympic Pro Training Bar 2,20 M / 20 KG?

Are you looking to **gain flexibility, strength and improve your body posture**, among other things? Then don't hesitate to **include this discipline** in your **daily routines**.

Suitable for people of all ages, weightlifting or crossfit exercises work your **muscles** in a **holistic way**, improving your physical condition while you struggle to outdo yourself with every lift.

Made of alloy steel, the Olympic bar is **one of our star products** and is tested to withstand **up to 680 kg (1,500 lbs)**, flexing in line with movement.

Its grip area has a **diameter of 28 mm**, meeting the standards **set by the International Weightlifting Federation**, and it has a pressure-grinding system that allows a firm but soft grip.

Its system of self-lubricating bronze bushings prevents dirt from intervening in the rotation of the bars. They also have needle bearings and grooved areas ensuring **disc rotation, regardless of added weight, and blocking of discs, respectively**.

The bars have a **matte hard chrome** finish that makes them resistant to sweat and humidity.

Technical information:

- **Weight:** 20 kg

About Titanium Strength:

Leading brand in the sale of **equipment** and **machines** for **strength** and **cardio training**.

Additional Information

Use	Commercial
Colour	Black
Manufacturer	Titanium Strength
Large cms.	220
Weight (kg)	20.000000
Max Load (kg)	320