

train **different muscle groups**: arms, core and legs.

Thanks to its **resistance** and its **manufacture** in **high quality steel**, you can also use it with other elements that **facilitate training in suspension**. You can even use it on the wall without the need for **a rack or a multi-station machine**.

Description

Why should you buy the Titanium Strength Olympic Multi Grip Bar ?

When we are buying elements and accessories to perform dominoes and suspension exercises, **quality and resistance** should be the **fundamental factors** that help you distinguish between **one bar and another**.

And the **Titanium Strength Olympic Multi Grip Bar** gives you the **best guarantee** in this respect. Thanks to its all-welded construction of **solid, durable steel**, you'll be able to perform your **pull-ups and exercises safely**, and even more so if you incorporate it into a Titanium Strength Olympic rack.

This bar is specially designed to withstand **regular** and **super-intensive use** and has a **price/performance ratio** that is among the **best** on the market.

Thanks to its 4 grip positions you can train **chest, shoulders and triceps easily, comfortably and safely**.

What are you waiting for to start making dominoes like a pro?

Technical information:

- Matte black finish
- 50 mm ends for Olympic discs
- It can be loaded on Olympic Racks.
- Product dimensions: 212 cm (length) x 24 cm (width) x 7 cm (height)

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
Width cms.	24
Height cms.	7
Large cms.	212
Weight (kg)	25.000000
Max Load (kg)	454