



Standard Olympic EZ Curl Bar

SKU: **GG-BARS-121**

Reduce strain and lift with precision. The Standard Olympic EZ Bar is built for both heavy lifters and everyday training, offering smooth rotation and a contoured grip that protects the joints during curls and extensions. Its compact 10kg build with a 700lb capacity makes it a versatile staple for any serious gym setup.

Key Features

- Contoured 28mm grip with knurling for secure handling
- Rotating sleeves with copper bushings for smooth plate movement
- 700lb load capacity for demanding training sessions
- Durable chrome finish for long-term protection
- Integrated end caps for a professional look
- Compact 10kg bar, length 120cm
- 18cm Olympic-size sleeves compatible with 2" plates

Technical Specifications

Weight	10 kg
Length / Depth	125 cm
Height	10 cm
Width	10 cm

