



Olympic Tricep Bar

SKU: **GG-BARS-122**

Dual knurled grips with parallel centre handles reduce joint strain while giving you complete control for tricep and upper body training. The durable brushed steel finish ensures long-lasting performance, making it a reliable choice for pressing and pulling movements.

Key Features

- Targets triceps and upper body for strength development
- Parallel handles reduce stress on elbows, forearms, and wrists
- Knurled grips provide secure, non-slip hold
- Brushed steel finish for durability and professional look
- Fixed bar weight: 10kg for consistent performance
- 16cm sleeve length for precise plate loading

Technical Specifications

Weight	10 kg
Length / Depth	87 cm
Height	5 cm
Width	22 cm

