



6ft Olympic Hex / Trap Bar

SKU: **GG-BARS-131**

Promotes an upright torso to reduce lower back strain. The Olympic Trap Bar is built for deadlifts, squats, shrugs, and farmer's walks with a design that supports safe technique. Perfect for beginners, taller athletes, or those recovering from back issues, it delivers controlled lifting and lasting durability.

Key Features

- Supports deadlifts, squats, shrugs, and carries for versatile training
- Upright torso position helps protect the lower back
- 700lbs (317.5kg) capacity for heavy lifting
- Dual knurled handles offer varied grip options
- 28mm grips provide comfort and secure control
- 25kg bar weight with 45cm sleeve length
- 37-inch internal dimensions to suit different users
- Hardened chrome finish with capped ends for durability

Technical Specifications

Weight	25 kg
Length / Depth	185 cm
Height	14 cm
Width	70 cm

