



Multi Exercise Bar

SKU: **GG-CA-009**

Built for strength and versatility, the Multi Exercise Bar features chrome-plated solid steel construction and precision welding for long-lasting durability. Rubber grip handles ensure comfort and control during every rep, making it a reliable choice for a wide range of upper body exercises. Solid steel frame with chrome plating for durability Rubber grips for improved comfort and handling Ideal for tricep pressdowns, bicep curls, seated rows, and lat pulldowns Suitable for cable machines in any gym setting

Technical Specifications

Weight	10 kg
Length / Depth	40 cm
Height	20 cm
Width	30 cm

