



Ladies Olympic Lifting Bar

SKU: **GG-BARS-114**

Specifically designed for smaller hands, the Gym Gear Ladies Olympic Lifting Bar offers a 25mm grip diameter and a lighter 15kg build for precise, confident lifting. Crafted from high-tensile alloy steel with a hard chrome finish, it combines strength, durability, and smooth rotation for Olympic and powerlifting performance.

Key Features

- 25mm grip diameter for control and comfort
- 15kg lightweight design supports technical lifts
- Rated to 1000lbs with 215,000 PSI tensile strength
- Hard chrome sleeves with 6 premium bearings (4 needle, 2 ball)
- 1.2mm mis-pattern knurling for balanced grip
- Dual markings for Olympic and powerlifting training
- Total length: 201cm (6ft 6")

Technical Specifications

Weight	15 kg
Length / Depth	201 cm
Height	6 cm
Width	6 cm

