

Olympic Safety Squat Bar

SKU: **GG-BARS-133**

450kg max load capacity gives the Gym Gear Safety Squat Bar the strength and stability serious lifters demand. Designed to ease shoulder stress while targeting quads, glutes, and back, it helps build power, address weak points, and add variation to squat training.

Key Features

- Supports up to 450kg for progressive strength work
- Shifts load to quads, glutes, and back while reducing shoulder strain
- 21kg bar weight with 220cm total length
- 32cm handles for a secure, comfortable grip
- 28cm padded neck section for comfort under load
- Inside handle width optimised for stability and control
- Durable construction built to withstand heavy commercial use



Technical Specifications

Weight	21 kg
Length / Depth	220 cm

