



Olympic Swiss Bar

SKU: **GG-BARS-134**

Versatility and comfort in every lift, the Gym Gear Olympic Swiss Bar offers four grip positions to vary your pressing and rowing exercises. Designed to reduce strain on shoulders, elbows, and wrists, it allows you to train heavier and longer while maintaining joint comfort and stability. Four multi-angled grip positions for training variety and reduced joint strain Ideal for bench press, incline press, overhead press, bent-over rows, and hammer curls Preloaded at 30kg and forged from solid steel for strength and durability Chrome-coated finish for long-lasting performance Knurled thick handles for a secure grip Maximum load ...

Technical Specifications

Weight	30 kg
Length / Depth	214 cm
Height	6 cm
Width	30 cm

