



## Jordan Triceps Bar 50mm (JTNOB-34)



Training bar for optimal biceps and triceps training. The Jordan Triceps Bar is perfect for hammer curls and can be used to develop more than just the triceps. The muscles can be trained from different angles compared to a traditional barbell. It can also reduce injuries as it reduces stress on the wrist and elbow.

**CHF 139.00**

- made of spring steel with brushed steel finish
- double rim without bearing (brass bushings)
- total length 834mm
- inner length 474mm
- outer length 162mm
- for 51mm discs
- weight 10,2kg