



Jordan Core Plate Handle (JTCPH)



The Core Plate grip from Jordan - ideal for barbell rowing.

CHF 89.00

The Jordan Core Plate Grip is ideal for training with the Jordan Core Plate. The specific design of this handle isolates the broad back muscle (latissimus). This handle fits on all Olympia barbell bars and allows in combination with the Core Plate an effective bent-over rowing workout.

- effective training of the latissimus, trapezius and posterior deltoid muscles
- secure attachment to the barbell rod
- screw lock
- non-slip grips
- available in grey or black