



Jordan SZ-Curl bar with ball bearings 50mm (JTNB-48)



Jordan Fitness ball bearing premium Olympic SZ curl bar for 51mm plates. The SZ curl bar is the first choice for serious bodybuilders and commercial gyms, offering a seamless upper body lifting experience. Train impressive biceps and triceps muscles with a variety of strength exercises including wide grip standing curls, standard grip curls and overhead tricep extensions. Build broad, strong shoulders with exercises like the overhead shoulder press. An essential bar for all gym goers, from bodybuilders to swimmers.

CHF 199.00

- SZ curl bar 120cm
- high-quality and sturdy steel bar with modern brushed steel finish
- for 51mm pulleys
- inner dimension 79.5cm
- Disc support 18.5cm
- Precision bearings guarantee a more even rotation with every stroke
- Handle diameter 28mm
- Weight 7.3kg
- Payload 150kg