



Body Solid Fat Curl Bar (OB48F)



Take your biceps and triceps training to the next level with the Body-Solid Fat Curl Bar! The Body-Solid Tools Fat Curl Bar helps users build bigger and stronger biceps and triceps through movements such as bicep curls, skull crushers, preacher curls, tricep extensions, spider curls, overhead presses and upright rowing. In addition, the thick 50 mm handle diameter helps to build grip strength and develop stronger and more muscular forearms.

CHF 109.00

- SZ curl bar 122cm
- for 51mm plates
- target support 21cm
- Handle diameter 5cm
- weight 5,2kg
- Discs not included in the scope of delivery