



Jordan Farmers Walk Handles (JF-FW)



Farmers Walk is an exercise often used in strongman competitions and strength training. In this exercise, the athlete carries heavy weight plates or other heavy objects in both hands while walking over a certain distance. Farmers Walk grips are specially designed equipment designed to perform this exercise safely and effectively. The Farmers Walk exercise is an effective total body workout because it not only strengthens grip power, but also works the entire body, including the legs, back and core.

CHF 349.00

- the exercise mimics carrying heavy objects in everyday life and promotes functional fitness
- Farmers Walk handles are designed to provide a firm and secure grip, even when carrying heavy weight plates or other loads
- easy-to-grip, ribbed 38 mm rubber grips
- chrome-plated barbell horns for Olympic weight plates
- perfect for the Strongman training plan
- weight plates not included
- certification: EN957 / EN ISO 20957
- dimensions: L122,3 x W31,1 x H38,8cm
- Weight: 14kg/pc.
- Scope of delivery 1 pair