# Pro Push Up Bar O'Live

Pro Push Up Bar to make push-ups more comfortable and increase your effectiveness and intensity with every workout.

Push-ups are an effective upper body exercise that increases strength and muscular endurance in the chest, shoulders and triceps.

The O'live Pro Push Up Bar **helps neutralize the wrist angle so there is less stress on the joints.**

Without that pain, the athlete may be able to perform more push-ups than they would normally do with their palms flat on the floor.

**Product description:**

**This fitness tool offers a way to alter the usual way of performing push-ups to increase intensity and avoid the discomfort sometimes experienced with exercise.**

**Product Specifications:**

- Designed to relieve strain on wrists and hands.

- **Made of** heavy-duty **steel** suitable for professional use.

- Vinyl grip provides comfort and durability.

- Round design with rubber base for maximum stability and grip.

Reference: EN36300.00
EAN13: 8436554046980

UPC: -