Body Bar O'Live,4 kg

Weighted barbell O'Live Fitness with solid steel and foam exterior. Perfect for strength, balance and more. Available in 5 weights.

Product description:

A safe and easy way to add resistance to squats, lunges and presses.

Body Bars are ballasted fitness bars with a diameter of less than 5 cm made of solid steel and coated with a soft layer of foam.

Benefits/Uses

Body Bars can be used in many different types of workouts, from strength and conditioning, targeted activities and intervals, balance and alignment, sports conditioning, kickboxing and martial arts, flexibility training, and Pilates and yoga based exercises.

Features

Body Bars are easy to store, have no loose parts and are floor-friendly. Soft black foam exterior ensures an easy and comfortable grip.

Bars have colored labels on each end for easy weight identification.

Available in 5 different weights.

Weight: 4kg

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