Core Trainer Landmine Accessory O'Live Fitness

The Landmine from **O'Live Fitness**, a must-have dynamic tool for your gym Made in Barcelona, Spain (EU), this versatile accessory easily adapts to any standard barbell, making it a key piece for developing core rotational stability and maximum power through increased range of motion.

Product description:

The Landmine or Core Trainer from O'Live features a smooth 7-gauge steel pivot, compatible with most standard Olympic bars and designed for rotational training exercises. It installs quickly on your frame or rack with the included hardware. From presses and rowers to cleans, deadlifts and the standing barbell Russian twist, this versatile accessory offers a wide variety of exercises.

Few tools are as effective as the Landmine from **O'Live Fitness** for developing explosive full-body strength and transferring power from the core to the extremities. Add it to your gym and take your workouts to the next level.

Made of steel with black textured finish.

Measures: 192 x 263 x 300 cm.

Reference: ES15200.01
EAN13: -
UPC: -