Power Disk Basic Bar O'Live, 140 cm



Basic Power Disk Bar O'Live, 140 cm, made of 2 mm thick painted steel. Load capacity of 20 kg, ideal for strength and resistance training at home or gym.

Product description:

Power Disk Basic Barbell O'Live, 140 cm Painted steel bar ideal for weight training and resistance training

The **Basic Power Disk Bar O'Live, 140 cm** is a versatile and reliable tool for your bodybuilding workouts. Made of high quality steel and painted, this bar has a thickness of 2 mm and a load capacity of 20 kg, making it the ideal choice for working on strengthening shoulders, biceps, triceps, chest and back, both at home and in the gym. With dimensions of: ø3x140cm, it is perfect for training with weights and discs. This basic bar is an economical option without compromising quality, providing exceptional performance for strength and endurance routines. Its practical and efficient design makes it an essential tool for those looking for results in their daily training.

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