



Manerales de Neopreno para Polea Medio O'Live Fitness

O'Live Neoprene Medium Grip Handle – Precision and Control for Cable Training

Professional **steel handle with non-slip neoprene coating**, designed for **medium-width grip exercises** on cable machines.

Provides **excellent control, comfort, and muscle activation** during strength and functional training. Ideal for targeting multiple muscle groups and enhancing exercise variety.

Product description:

The **O'Live Neoprene Medium Grip Handle** is an essential accessory for **high or low pulley systems**, designed to deliver a firm, comfortable, and ergonomic grip that ensures **precise muscle isolation** during strength training.

With a **medium and supinated grip (49 cm between centers)**, this handle offers exceptional versatility for a wide variety of exercises such as **lat pulldowns, rows, curls, and extensions**, allowing for improved **biomechanical control** and better **muscle activation** while minimizing compensations and overloads.

Built with a **solid steel core** and coated in **non-slip neoprene**, this attachment provides exceptional durability under heavy use.

The **soft-touch neoprene texture** enhances grip comfort during prolonged sets or high-volume sessions.

Ideal for **functional training studios, commercial gyms, and guided strength**

areas.

Fully compatible with **adjustable pulley stations, crossover machines, multigyms, and selectorized equipment.**

Composition and Materials

- **Structure:** High-resistance solid steel
- **Coating:** Technical non-slip neoprene
- **Shape:** Ergonomic curvature for natural grip
- **Color:** Black with professional finish

Material Advantages

- Steel ensures **structural stability and long-term durability** under heavy loads.
- Neoprene enhances **grip and comfort**, even with sweaty hands.
- Prevents slippage and reduces hand fatigue.
- Modern, professional aesthetic that elevates your gym's visual standard.

Technical Specifications Grip Type Center Distance Medium, Supinated 49 cm **FAQs**

Is this handle compatible with all cable machines?

Yes, the universal carabiner hook allows connection to any **selectorized or free cable system.**

How does it differ from a standard metal handle?

The neoprene coating improves ergonomics, reducing pressure on the palms and providing

smoother, more controlled movement.

Is it suitable for beginners or rehabilitation exercises?

Yes. Its design supports natural biomechanics and secure grip, ideal for users with less experience or in functional reconditioning.

Does it require special maintenance?

No. Simply clean with a damp cloth — neoprene is **sweat- and cleaning-resistant** for easy care.

Benefits for Your Facility

- Enhances user experience through comfort and precision
- Reinforces your gym's professional image
- Expands training possibilities without changing machines
- Built to endure daily, intensive use in functional or strength areas

Action: Average

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