Olympic Safety Squat Bar

If you do not have a safety squat bar than you are missing out on one of the best training bars there is. Training with this bar is ideal for upper back, lower back, and leg work. The Safety Squat Bar is also great for addressing weak points in the squat.

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Technical Specifications

Rating	Commercial
Bar Weight	2lkg
Bar Length	7ft 2" / 220cm
Max Load	150kg

Key Features

Distance between Inside of handles approx 30cm	•
Distance between bends at the top of the bar approx	•
Length of handles approx 32cm	•
Length of neck pad approx 28cm	•
Length of sleeve approx 28cm	•
Length of the thick part of the sleeve approx 4cm	•

