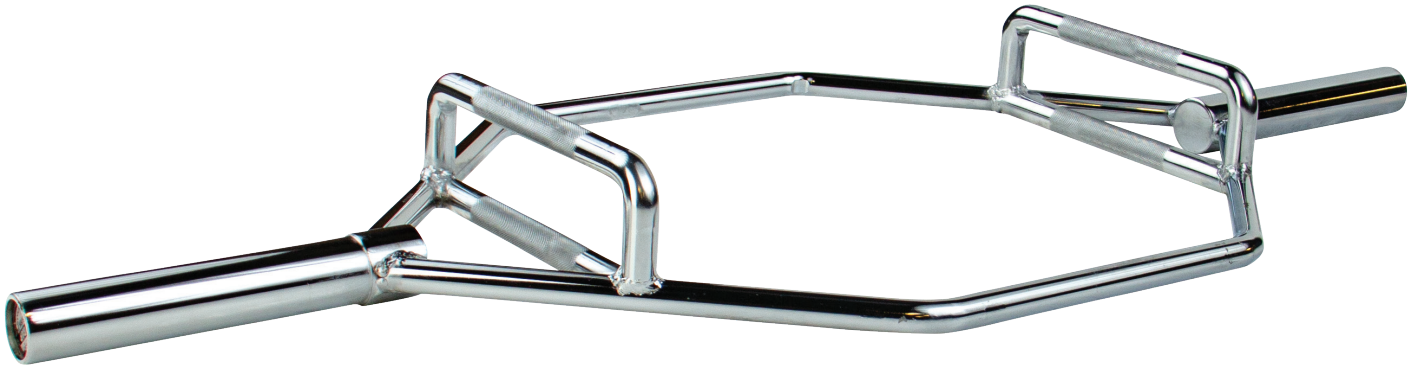
OTB50RH
Body-Solid Olympic Shrug Bar

Body-Solid®
Built for Life



OTB50RH

Olympic Shrug Bar (Raised Handles)

Body-Solid's new OTB50RH Olympic Shrug Bar features innovative raised handles allowing for easier and safer workouts. The raised handles on the OTB50RH Olympic Shrug Bar not only make this shrug bar easier to lift from the ground but also reduces strain and tension on your hands and back while performing squats, deadlifts, shrugs and more.

The OTB50RH Olympic Shrug Bar's unique design eliminates contact with your upper thighs and front torso providing greater range of muscle contraction and deep tissue development when performing shrugs, deadlifts, bench presses, military presses, squats and lunges.

Special Features

- 9.75" loadable sleeve space
- Knurled handles for grip
- Load is centered and not off axis like traditional deadlifts, putting less stress on the spine
- Works trapezius muscles with shrug lifts
- Use for stiff legged deadlifts and Romanian deadlifts
- 600 Lb. Capacity
- 25.50mm Bar Diameter
- 9" Handles

Weight: 45 lbs
Dimensions: 56"L x 24"W
(25" from interior handle to interior handle)

©Copyright 2019 Body-Solid, Inc. All Rights Reserved. 1900 South Des Plaines Ave. · Forest Park, IL USA 60130 · Phone 708-427-3555 · Fax 708-427-3556 · www.bodysolid.com