



DIMENSIONS

Male	2200 mm x 74 mm x 74 mm
Female	2000 mm x 74 mm x 74 mm

WEIGHT

Male	20 kg
Female	15 kg

FEATURES

Composition: High quality steel alloy.

Color: Chrome plated on the sleeve and chrome on the grip.

Grip:

Male	28 mm diameter
Female	25 mm diameter

Sleeve for bumpers:

Male	415 mm long and 49,8 mm diameter
Female	320 mm long and 49,8 mm diameter

Knurl: In diamond pattern on the sides with two marks for powerlifting and weightlifting.

Bearing: 8 high precision needle bearings.

Maximum capacity: 700 kg

PSI: 210,000

It has been optimized for weightlifting movements.

FINALITY

Olympic bars are used for weightlifting and powerlifting exercises. In weightlifting we have movements like clean and jerk and snatch. In powerlifting we have movements like deadlift, squat and bench press. They are also used in the strongman and in functional training.

MAINTENANCE

Cleaning: The cleaning of magnesium and dirt must be carried out weekly, depending on its use, focusing especially on the application of a liquid and anti-rust lubricant (for example, WD40). **Bearings:** Bearing lubrication should be performed every 6 months. Grease application of Teflon Grease. Other types of oil should not be used, which can clog the needles and cause malfunction.

WARRANTY

Lifetime warranty against breakage of the bar shaft.

Exclusion of guarantee: It cannot fall without weights. You cannot fall with weights on a rubber floor, or another floor or product for damping falls, less than 15mm. It must not be used outdoors. It should not be packed with weights. When proper cleaning and maintenance is not carried out as described in the maintenance point.

