

BARBELLS

# BEEFY BARS

Hampton's Beefy Bars are what specialty fitness is all about: Superior quality! Sporting goods and cheap mass merchants can not deliver you this type of quality product. Our Beefy Bars are made of forged steel and feature polished threading and solid urethane handles. Electroless Nickel Plating resists flaking and is extremely durable. All Beefy Bar plate receptors are machine down to 1 inch so they fit any type of 1 inch regular plates.



**BB-35R**  
"Tri-Trap" Bar w/ 4 Ergonomic Urethane Grips - 15 lbs.



**RSLC**  
Regular Spring Lock Collars



**SGH-14T**  
14" Dumbbell Handle w/ Snug-Grip Urethane Grip w/ Spin Lock Collars - 5 lbs.



**Snug-Grip Beefy Bars**

- Features 35mm. Snug-Grip Urethane Handle
- 28mm. Forged Solid Steel Construction
- Plate receptors are machined down to 1 inch.
- Electroless Nickel Plating



**BB-60**  
5 Ft. Standard Beefy Bar - 17 lbs.

