

OLYMPIC BARS

OPEN-END HEX BAR



COLD ROLLED CARBON 45 STEEL

ELECTROLESS NICKEL PLATING

BRONZE BUSHING

SLEEVE LENGTH: 9.5"

PLATE COMPATIBILITY:

OLYMPIC PLATES WITH 2" CENTER HOLE ONLY

72 LBS.

66 X 26 X 7 IN

The Hampton original "Rock and Rack" system is the only Hex Bar that you can load your plates onto without having to labor to lift each end of the bar. The "High / Low" gripping options accommodate any height athlete. Simply the best!

Multi-Hex International Dead Lift / Shrug Bar with Hi-Lo Handles. Rock, Rack and stack plates with ease.



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