

TECHNIQUE BARBELL 5 KG



DIMENSIONS 1590 mm x 74 mm x 74 mm

WEIGHT 5 kg

FEATURES

- Composition:** High quality aluminum alloy
- Color:** Chrome on sleeve and grip.
- Shaft:** 25 mm diameter
- Sleeve for bumpers:** 110 mm long and 49,8 mm diameter
- Knurl:** In diamond pattern on the sides with two marks for powerlifting and weightlifting.
- Bearing:** By copper washer (bushing).
- Maximum capacity:** 45 kg

FUNCTION The technical bar is aimed at beginners and / or people with more difficulties in executing movements. They are used for weightlifting and powerlifting exercises.

MAINTENANCE **Cleaning:** The cleaning of magnesium and dirt must be carried out according to its use, focusing especially on the application of a lubricating and anti-rust liquid. **Bearings:** Bearing lubrication should be carried out every 3 months.

Lifetime warranty against breakage of the bar shaft.

WARRANTY 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.

