

Steel Parallette Bars Push Up & Dip Workouts

RRP: \$139.95

A truly versatile set of parallettes, these black powder-coated training aids by Randy & Travis Machinery let you use your own body weight for resistance as you build your core and upper body strength with push-ups, tucks, V-sits, L-sits, dips, and handstands. Ideal for people with a diverse set of abilities, these parallettes push both beginners and serious athletes to greater heights in performance.

With top-quality construction, heavy-duty steel is powder coated for durability under even heavy commercial gym use. These versatile parallettes can also be a useful tool for rehabilitation from injury, making it a useful piece of equipment for physical therapists as well. Their easy-to-use 10 cm-circumference makes it easy to grip no matter what size hands you have.

Specifications:

- Quantity: One pair
- Material: Heavy-duty steel and powder coating
- Colour: Black
- Handle weight: 5 kg
- Handle dimensions: 56 cm long x 30 cm wide x 30 cm high
- Grip circumference: 10 cm
- Packing materials: Wrapped in plastic to protect the powder coating

