

## Forearm Wrist Grip Strength Roller Exercise Bar Home Gym Training

RRP: \$29.95

Get the sculpted forearms you want with this fantastic strength roller exercise bar!

By spending a mere few minutes a day using our roller exercise bar with your weights, you'll quickly strengthen your forearms and increase muscle density. You will see even greater results as you build endurance and are able to add more and more weights to your routine.

It's easy to forget some muscle groups like the wrists but our exercise bar won't let you. Our strength roller exercise bar focuses on all muscle groups – from your wrists to your forearms. By rolling the weight up toward the handle, you will maximize your weightlifting workout. It'll be worth the effort when you see your toned arms and increased muscle size.

Make your weight lifting workout really count. Add our incredible exercise bar to every session.

### Features:

- Strong and durable
- Made to last
- Foam padded for comfort
- Grip handles for safety
- Easily add and adjust weights
- Compatible with both standard and Olympic weights

### Specifications:

- Chromed metal construction
- Product dimensions (L x W x H):
  - Handle: 38 x 6 x 6 (approximately)
  - Attachment: 18 x 6 x 6 (approximately)
- Package dimensions (L x W x H): 42 x 7 x 7cm (approximately)
- Package weight: 1kg (approximately)

