

BSTDB Dog Bone Grip



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The Body-Solid Tools Dog Bone Grip features two surfaces for grip strength workouts. Use the center portion or challenge yourself with the oversized spherical ends. The Dog Bone Grip can be attached to weight plates, dumbbells, kettlebells, barbells, cable machines and pull-up/chin-up bars. Ideal for pull-ups, farmers walks and a multitude of other grip strength movements. The Dog Bone Grip is manufactured with a non-slip matte red paint finish and a strong nylon strap for safer workouts.

Special Features

- Two unique surfaces for varied grip work
- Quickly and easily attach to a kettlebell, grip plates, chin-up bar or on a cable machine
- Ideal for pull-ups and farmers walks
- Dimensions: 14.8"L x 3"W x 3"H
- Product Weight: 4.0 lbs