

BSTFB Fitness Bars



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You don't need a basement full of awkward barbells and dumbbells to take advantage of the many benefits of traditional weightlifting exercises. With Body Solid Tools Exercise Bars, fitness is always within easy reach, because they can quickly and easily be stored away in a closet. Body Solid gives exercise bars a fresh modern look and user-friendly features:

Weight	Color	Item #
4.....	Orange.....	BSTFB4
6.....	Lt. Purple.....	BSTFB6
9.....	Yellow.....	BSTFB9
12.....	Green.....	BSTFB12
15.....	Red.....	BSTFB15
18.....	Blue.....	BSTFB18
24.....	Drk. Purpl.....	BSTFB24
30.....	Magenta.....	BSTFB30
36.....	Lt. Grey.....	BSTFB36

Special Features

- Durable rubber construction is easy to grip and easy to clean
- Rubber end caps are color-coded by weight
- Ideal for incrementally resistive exercise programs to increase stability, develop core strength and build endurance
- Incremental weights between 4 lb. and 36 lb. let you vary the intensity of your routines
- Weight designations are permanently embossed