

BSTGT Grip Trainers



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Develop grip strength, forearm definition and improve athletic and cross training performance with Body-Solid Tools Grip Trainers. High-quality billet aluminum anodized handles feature sure-grip knurling to ensure a comfortable hold that won't slip. Three levels (100, 150 and 200 lbs.) allow you to increase resistance as you develop grip strength. Body-Solid Tools Grip Trainers are constructed with alloy steel coil springs for peak performance and durability. Add Body-Solid Tools Grip Trainers to your gym bag, your desk or your car and build grip strength on the go. Ideal for stress relief, rehab and much more.

Special Features

- Develop grip strength, forearm definition and performance
- Billet aluminum anodized handles
- Sure-grip knurling
- Alloy steel coil springs
- Dimensions: 1" thick x 4.1" W x 5.1" H
- Product Weight: ½ lb.