

OB48F Olympic Fat Curl Bar



*Shown with optional Olympic Weights
and Collars*

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Take biceps and triceps workouts to a new level with the Body-Solid Tools OB48F Fat Curl Bar.

The OB48F Fat Curl Bar helps users build bigger and stronger biceps and triceps through movements like biceps curls, skull crushers, preacher curls, triceps extensions, spider curls, overhead presses and upright rows. Additionally, the thick 2" grip diameter helps build grip strength and develop stronger and more muscular forearms.

Constructed with 11-gauge steel, the OB48F features an overall length of 48", 8.25" sleeve length, and 2" diameter sleeves allowing users to load Olympic weight plates onto the bar.

Weight: 11.5 lbs

Dimensions: 48"L x 5"W x 3"H

Special Features

- Designed to build stronger biceps and triceps
- 2" grip diameter puts extra emphasis on forearms and grip strength
- 11-gauge steel
- Overall Length: 48"
- Sleeve Length: 8.25"
- 2" diameter sleeves for use with Olympic weights
- Black finish