

## **OBSS50** Olympic Safety Squat Bar



### **OBSS50** Olympic Safety Squat Bar

The Body-Solid OBSS50 Safety Squat Bar is a specialty bar designed to safely and effectively help build quads and the posterior chain. This bar allows for a better and more consistent center of gravity versus traditional Olympic bar back squats. Built-in padding and hand positioning offer less tension on shoulders, elbows, and wrists. Users can instead focus on stabilizing the core and maximizing leg training and gains.

The OBSS50 Safety Squat Bar is a better and safer option for intense squat progressions and maximum load lifts allowing users to add more weight to their lifts and hit new personal records. Comfortable handgrips give users more control of the Safety Squat Bar during squats, lunges, presses, and more, increasing lift safety, security, and effectiveness.

Weight: 47 lbs

Dimensions: 86"L x 15"W x 4"H

### **Special Features**

- Safer and more effective squats, lunges and presses
- Consistent weight distribution on lifts
- Reduce strain on shoulders, elbows & wrists
- 13" loadable sleeve length
- Distance between handles: 11"
- Distance between pads: 8.25"
- Weight Capacity: 1000 lbs.
- Compatible with 2" Olympic plates