

OMG86 Olympic Multi-Grip Bar



Shown with optional Olympic Weights and Collars



Shown with optional Olympic Weights and Collars

OMG86 Olympic Multi-Grip Bar

Vary your workouts and improve muscle recruitment with the Body-Solid OMG86 Olympic Multi-Grip Bar. The OMG86 Olympic Multi-Grip Bar will help you target your chest, triceps, back, shoulders and biceps like never before. Also called a Swiss Bar or the Football Bar, Body-Solid's OMG86 Olympic Multi-Grip Bar features three separate neutral grips allowing you to work muscle groups from unique and different angles. These differing angles create a more natural lifting planes while at the same time enhancing muscle interaction and recruitment. The Body-Solid OMG86 Olympic Multi-Grip Bar features knurled handles for secure lifting and a black powder coat finish that fits aesthetically into any workout facility. The OMG86 Olympic Multi-Grip Bar is compatible with most power racks and olympic plates with 16.5" in loadable sleeve length.

Weight: 45 lbs

Dimensions: 86.2"L x 8"W x 3"H

Special Features

- Use for bench press, curls, skull crushers, rows and more
- Target chest, triceps, back, shoulders and biceps
- Three separate neutral grips for more natural lifting planes and enhanced muscle recruitment
- 1-¼" knurled handles
- Compatible with most power racks and olympic plates
- 2" sleeve diameter
- 16.5" loadable sleeve length
- 52.5" between collars