

TR20 & TR30 Triceps & Natural Fiber Triceps Rope



TR20



TR30

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The Body-Solid Tools TR20 Triceps Rope and TR30 Natural Fiber Triceps Rope are ropes that offers a superior grip and more flexibility than traditional triceps bars. The TR30 is made from a naturally sustainable fiber. These ropes easily attach to any cable or pulley machine and help develop triceps, biceps, lats, shoulders, and abs through various exercises.

Special Features

- TR30 is from natural fibers for a reduced environmental impact
- Coarse textures ensure a secure hold during intense workouts
- Allows for a wider range of motion and exercise variations
- Compatible with any cable or pulley machine

TR20 Weight: 2 lbs Dimensions: 25"L x 2.3"W x 2.3"H
TR30 Weight: 2 lbs Dimensions: 25"L x 1.25"W x 2.5"H