

6ft Olympic Hex / Trap Bar

This heavy duty Olympic Hex Bar is the perfect addition to any serious strength and conditioning set-up.

This hardwearing, super versatile lifting bar is suitable for shrugs, deadlifts, farmers walks, squats and much more.

The Olympic Hex Bar is considered superior to barbells when performing heavy deadlifts as it reduces the tension places on the lumbar spine and prevents over-extension of the back muscles, whilst developing lower body strength and power, making it ideal for those suffering with lower back problems. The upright torso position used in the Hex Bar deadlift reduces the potential for injury, improves posture and corrects weightlifting technique.

The technique employed during Hex Bar deadlifts is more advantageous for beginner lifters who may have weaker back muscles and poor flexibility, and for taller athletes who may struggle to deadlift conventionally.



Chrome Finish



Dual Knurled Handles



Integrated End Cap



6ft Bar

Technical Specifications

Rating	Commercial
Material	Hardened chrome finish
Bar Weight	25kg
Size	6ft

Key Features

700lbs weight capacity	•
Dual knurled hand grips	•
Hardened chrome finish	•
28mm diameter grip	•
Hardened chrome finish	•
Integrated cap design	•
Bar Weight: 25kg	•