

Steel Logs & Chain Bars



- **5.5" Pipe - 48" in Length, 12" Olympic Sleeves added onto ends
1" Handles set 24" apart; Weighs - 39 lbs**
- **8" Pipe - 48" in Length, 12" Olympic Sleeves added onto ends
1" Handles set 24" apart; Weighs - 69 lbs**
- **10" Pipe - 48" in Length, 12" Olympic Sleeves added onto ends
1 ¼" Handles set 24" apart, Weighs - 110 lbs**
- **12" Pipe - 48" in Length, 12" Olympic Sleeves added onto ends
1 ¼" Handles set 24" apart, Weighs - 170 lbs**

Chain Bars



- **Designed for Olympic Plates**
- **2000 lb Capacity**
- **2" Solid Steel with 3 Wrap Around Hooks**
- **Hooks: One on Center, Two equally spaced 10" Off**
- **Length - 60" Weighs 50 lbs**
- **Plates Not Included**

Uses include: One Arm Lifts, Two Hand Lifts, Shrug Lifts, Partial Leg Lifts, etc. The Lifts you can perform are only limited by your imagination. This Bar is used by the "Strongman Lifters". The Chain Bar Exercises will dramatically increase your Tendon & Ligament Strength.

info@ckfitness.net