

# Cross training weightlifting bar - 20kg



## Details

Busy, diverse training environments require equipment that stands up to huge amounts of heavy lifting over a long period of time. This requirement spans all types of facility: CrossFit gyms, performance facilities, bodybuilding gyms and everything in between.

This 20kg Cross Training Bar is designed to be the perfect all-rounder for gyms that want a top-quality weightlifting bar. It features dual knurling with both IWF and IPF knurl markings to cater for a wider range of lifters.

The cross-training bar is designed to withstand the rigorous use of the CrossFit gym, with high-quality copper bushings made to offer great spin for Olympic lifts as well as the longevity required by these type of facility.

The strong alloy steel construction offers tensile strength of 216,200 psi making it one of the toughest bars on the market.

Key features:

- Tested to a Tensile strength of: 216,200 psi and a Yield strength of: 206,900 psi
- Copper Bushing provides a high load capacity
- 1,500lbs (680.3kg) max capacity
- Threaded sleeves
- Dual Knurl (IWF + IPF Compliant)