

Standard Bars



With a few modifications to the shape (primarily adding a couple of extra sides) it doesn't breach the copyright of the original design. This means we are now able to bring this marvellous piece of equipment to you the way it was intended.

Price: £220.00

<http://www.gymratz.co.uk/gymratz-standard-trap-bar>



The narrower 5ft bar is better suited to performing exercises such as bicep curls or narrow grip upright rows, although for general use a 6ft or 7ft standard bar will be put to greater use.

Price: £29.99

<http://www.gymratz.co.uk/standard-5ft-bar>



Standard EZ curl bar with smooth ends rather than spin lock. Our favourite but customers have the choice of smooth or spinlock.

RRP: £29.99

Our Price: £26.99

You Save: £3.00 - 10 % Discount

<http://www.gymratz.co.uk/standard-ez-curl-bar>



Chrome finish solid steel EZ Curl Bar with spinlock ends and collars. Suitable for bicep and tricep exercises. Highest quality EZ curl bar available at an extremely affordable price.

Price: £29.99

<http://www.gymratz.co.uk/standard-spinlock-ez-curl-bar>



This Heavy-Duty Standard Bar is far better quality (with a 150kg suggested static load) than your average standard weight training bar, 27.5mm shaft turned down to 25.5mm at the ends featuring fixed inner collars are the same width, allowing for use in olympic benches and racks.

Price: £49.99

<http://www.gymratz.co.uk/standard-bar>



The narrower 5ft bar is better suited to performing exercises such as bicep curls or narrow grip upright rows, although for general use a 6ft or 7ft standard bar will be put to greater use. Good-quality racks and benches are typically 46" wide and will require a 7ft bar.

Price: £39.99

<http://www.gymratz.co.uk/standard-spinlock-5ft-bar>



6ft (1.8m) chrome plate solid steel bar with spinlock ends & spinlock collars. With a suggested load of 125kg this bar is ideal for home workouts. For use with an olympic bench or rack, you will require the wider inner collars as featured on the Standard Beefy Bar.

Price: £49.99

<http://www.gymratz.co.uk/standard-spinlock-6ft-bar>



The 1" Bar is supplied with cast collars This Bar's superior quality (with a 150kg suggested load) than your average 7ft standard bar, although, for some reason, it's 6ft 7" (80"/ 2m). The fixed inner collars

RRP: £59.99

Our Price: £49.99

You Save: £10.00 - 17 % Discount

<http://www.gymratz.co.uk/standard-squatrack-bar>



Chrome plated solid steel dumbbell handles. Standard dumbbells are sold in pairs (2 handles). Also of interest, we offer Standard Smooth Dumbbell handles 14" in length, as well as Standard Spinlock Dumbbells in 14" and 16" (NOTE: Spinlock Dumbbells include Spinlock Collars).

Price: £22.00

<http://www.gymratz.co.uk/standard-smooth-dumbbells-18inch>



Chrome plated solid steel dumbbell handles. Standard dumbbells are sold in pairs (2 handles). The Spinlock Dumbbell Handles have spinlock ends and each handle is supplied with a pair of spinlock collars. Also of interest, we offer Standard Spinlock Dumbbells 16" in length, as well as Standard Smooth Dum

Price: £19.99

<http://www.gymratz.co.uk/standard-spinlock-dumbbells-14inch>



Chrome plated solid steel dumbbell handles. Standard dumbbells are sold in pairs (2 handles). The Spinlock Dumbbell Handles have spinlock ends and each handle is supplied with a pair of spinlock collars. Also of interest, we offer Standard Spinlock Dumbbells 14" in length, as well as Standard Smooth Dum

Price: £19.99

<http://www.gymratz.co.uk/standard-spinlock-dumbbells-16inch>



The Standard Loading Pin is ideal for use with cable handles, particularly for forearm/grip strength with our Wrist Roller, Pinch Grip Block or Fat Grip Rolling Stirrup Handle. Also great for loading up a dip belt for weighted chins and dips

Price £48.00

<http://www.gymratz.co.uk/gr-loadingpin-std>

www.GymRatZ.co.uk



For all of our customers with standard (1") plates and have asked for a fat (2" thick grip) to train with, here you go: The GymRatZ 7ft 2" Fat Standard (1") Bar. 2" thick grip with standard (1"/ 25mm) ends.

Price: £85.00

<http://www.gymratz.co.uk/gymratz-7ft-standard-thick-bar>



Matt writing. For all of our customers with standard (1") plates and have asked for a fat (2" thick grip) pair of dumbbells to train with, here you go: The GymRatZ 2" Fat Standard (1") Dumbbell Handles (pair). 2" thick grip with standard (1"/ 25mm) ends. Fat standard barbells also now available, see

Price £71.99

<http://www.gymratz.co.uk/2inch-fat-standard-dumbbell-handles>



6ft (1.8m) chrome plate solid steel bar. With a suggested load of 125kg this bar is ideal for home workouts. For use with an olympic bench or rack, you will require the wider inner collars as featured on the Standard Bar to fit racks

Price: £34.99

<http://www.gymratz.co.uk/standard-6ft-bar>

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