



50MM NTT OLYMPIC POWER BAR 7FT W/SPRING COLLARS 20KG

SKU: TT19267

115.00 €

Stock: In stock

Categories: [Barbells & Rods](#), [Fitness](#),
[Weights & Attachments](#)

PRODUCT DETAILS

The NTT Olympic Power Barbell 7ft is a premium-quality weightlifting bar specifically designed to enhance your strength training and powerlifting routines. Crafted with precision and durability in mind, this barbell is an essential addition to any home or commercial gym. With its 6-foot length and 15kg weight, it's perfectly balanced for a wide range of exercises that target various muscle groups.

Key Features:

1. **Premium Construction:** The barbell is constructed from high-strength alloy steel, ensuring maximum durability and longevity. The steel's high tensile strength allows it to withstand heavy loads and resist bending or warping during intense workouts.
2. **Dual Knurling:** The bar features a dual knurling pattern that provides a firm and comfortable grip. The center knurling is specifically designed for improved grip during squats, while the outer knurling enhances grip during deadlifts, bench presses, and other exercises.

3. **Olympic-Sized Sleeves:** The barbell is equipped with Olympic-sized sleeves that accommodate standard 2-inch weight plates. These sleeves rotate smoothly, reducing strain on your wrists and elbows during lifts and allowing for a natural movement pattern.
4. **Spring Collars:** Included with the barbell are spring collars, which securely hold the weight plates in place during workouts. These collars are easy to slide on and off, making plate changes quick and hassle-free.
5. **Black Oxide Finish:** The barbell features a black oxide finish that not only adds an aesthetic touch but also helps protect against rust and corrosion, ensuring a long-lasting and sleek appearance.

Exercise Benefits:

1. **Squats:** The NTT Olympic Power Barbell is perfect for back squats, front squats, and overhead squats. The even weight distribution and ergonomic design of the barbell allow you to maintain proper form while targeting your quadriceps, hamstrings, glutes, and core muscles. Squats help build lower body strength, improve balance, and increase overall functional fitness.
2. **Deadlifts:** Deadlifts are a fundamental strength exercise that engages your entire posterior chain, including your lower back, glutes, hamstrings, and grip muscles. The NTT Olympic Power Barbell's sturdy construction and knurling provide a secure grip for heavy deadlifts, helping you develop explosive power and strong lower back muscles.
3. **Bench Press:** With its durable build and comfortable grip, the barbell is well-suited for bench pressing. Bench presses target your chest, shoulders, and triceps, helping you build upper body strength and muscle mass.
4. **Rows:** Performing bent-over rows with the NTT Olympic Power Barbell effectively works your upper back, lats, and rear deltoids. This exercise helps improve posture, strengthen your back muscles, and enhance overall upper body stability.
5. **Overhead Press:** The barbell's even weight distribution and ergonomic design make it ideal for overhead presses. This exercise targets your shoulder muscles, helping you develop strong and well-defined deltoids.
6. **Cleans and Snatches:** The barbell is also suitable for Olympic weightlifting exercises like power cleans and snatches. These explosive movements engage multiple muscle groups, including your hips, back, shoulders, and core, for enhanced power and athleticism.

Barbell Dimentions

50 mm

Barbell Weight

21.7 kg