



ENP LAT BAR 120CM

SKU: TT19116

45.00 €



Stock: In stock

Categories: [Gym Attachments](#)

PRODUCT DETAILS

The ENP Lat Bar 120cm with rubber grip is a premium-quality fitness accessory designed to enhance your upper body strength and muscle development. This versatile and sturdy lat bar is an essential addition to any home or commercial gym, suitable for both beginners and experienced fitness enthusiasts. Crafted with precision and built to last, the ENP Lat Bar offers a comfortable and effective way to target various muscle groups, particularly the lats, biceps, and upper back.

Key Features:

1. Length and Design: The ENP Lat Bar measures 120cm (47 inches) in length, providing ample space for a wide grip and accommodating users of different heights. Its ergonomic

design ensures proper hand placement and allows for a variety of grip widths, enabling users to customize their workout and target different muscle fibers.

2. **Rubber Grip Handles:** The Lat Bar features rubber-coated grip handles that provide a secure and comfortable hold during exercises. The textured rubber surface prevents slippage, reducing the risk of accidents and allowing you to focus on your workout without distractions.
3. **Durable Construction:** Constructed from high-quality materials, the ENP Lat Bar is built to withstand rigorous training sessions. The bar's robust construction ensures stability and safety even under heavy loads.
4. **Versatile Attachment:** The Lat Bar is compatible with most cable-based weight machines and pulley systems commonly found in gyms, allowing you to incorporate a wide range of exercises into your routine.

Exercise Benefits:

1. **Lat Pulldowns:** The ENP Lat Bar is designed for lat pulldown exercises, a fundamental movement that targets the latissimus dorsi muscles (lats) located on the sides of your back. Strengthening your lats contributes to improved posture, back stability, and a well-defined V-shaped torso.
2. **Bicep Training:** By using the Lat Bar for exercises like cable curls or cable bicep curls, you can effectively target your biceps. This helps in building stronger and more defined arms.
3. **Upper Back Development:** The Lat Bar can be used for exercises such as seated rows, which engage the muscles of your upper back, including the rhomboids and trapezius. This contributes to improved upper body strength and a well-rounded physique.
4. **Variety of Grip Options:** The ENP Lat Bar's various grip widths allow you to target different muscle fibers within the lats and upper back. Wide grip positions emphasize the outer lats, while close grip positions focus more on the inner lats and mid-back muscles.
5. **Muscle Symmetry and Balance:** Incorporating the Lat Bar into your routine helps address muscle imbalances by working both sides of your body equally. This promotes overall muscle symmetry and balance, reducing the risk of injuries.
6. **Functional Strength:** The exercises performed with the Lat Bar mimic everyday movements involving pulling and lifting. This translates to improved functional strength, making daily tasks and activities easier to perform.
7. **Progressive Overload:** The Lat Bar can be used with varying resistance levels, allowing you to gradually increase the weight as you become stronger. This principle of progressive

overload is essential for continuous muscle growth and development.

BRAND

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ENP

Gross Weight
Other Details

5Kg
Length: 120cm