

BSTFWH Farmers Walk Bars



Weights and Collars not included

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Train like an Olympic strongman with Body-Solid Tools BSTFWH Farmers Walk Bars. These high-quality farmers walk handles build strength and endurance across the entire body with a direct focus on grip strength, shoulders, back, legs and core.

Body-Solid Tools Farmers Walk Bars are 60" in length and weigh 17.5 lbs. each. Users can add weight to the farmers walk handles using built-in 12" weight sleeves. The bars feature knurled grip handles for firm and stable grip throughout farmers walks and other farmers walk handle exercises.

Special Features

- Build strength & endurance across body
- Grip strength, shoulder, back, leg and core
- Knurled grip handles
- 11-gauge steel
- 2" diameter sleeves
- Black powder-coat finish
- Product Weight: 17.5 lbs. each
- Dimensions: 60"L x 3"W x 7.5"H