



## LOG BAR

**DIMENSIONS** 1650 x 220 X 220 mm

**WEIGHT** 24 kg

**FEATURES**

- Composition:** Round tubes in steel. Finish in micro textured electrostatic powder painting.
- Color:** Black.
- Grip:** 33 mm in diameter.
- Sleeve for discs:** 305 mm long and 49,8 mm in diameter.
- Knurl:** Diamond relief in the grips on each side.
- Maximum Capacity:** 120 kg

**FUNCTION** The log bar is used for strength exercises. Most often used in strongman training methodology in preferred movements such as press, rowing, Jerks and cleans.

**MAINTENANCE** The cleaning of magnesium and dirt should be carried out weekly, according to its use, focusing especially on the application of a lubricating and anti-rust liquid.

For end consumers: 3 years.

For business consumers: 1 year.

**WARRANTY** Warranty exclusion: Cannot fall without weights. You must not fall with weights on rubber flooring, or other flooring or product for cushioning falls, less than 15 mm. It should not be used outdoors. It should not be arranged with weights. When proper cleaning and maintenance is not done according to the maintenance point.