# PRODUCT SPECIFICATIONS

***ADAC 11403 Train Bar***

**Code: ADAC-11403**

**MRP : 3699.00**

The adjustable strap enables you to adapt the resistance in an instant and with the four carabiners, you can attach both tubes to one end of the bar to double up the resistance for rip, cross chop and racquet style exercises.  It enables you to work all three planes of motion against a challenging level of resistance so you can develop a strong core and perform functional strength exercises in no time.

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| Colour： | Red |
| Dim.(LxWxH)： | 700mm Length |
| Material： | Iron (85%), PP (5%), TPR (5%), HDR (4%), POM (1%) |