PRODUCT SPECIFICATIONS

ADAC 12232 Performance Push Up Bars

Code: ADAC 12232

MRP : 2399.00

Designed with numbered arrows and a shoulder target, the adidas Performance Push Up Bars perpendicular grip alignment encourages perfect form in three highly effective push-up positions. With the embossed arrows facing forwards, the numbered positions can accommodate triceps, deltoid and major pectoral adjustments for more focused and concentrated muscular development. The foam gripped handles offer a comfortable palm grip with debossed three stripes ergonomically spaced for the fingers, mimicking that of a more traditional bar knurl. A rigid “A” frame structure provides strength and stability, whilst the rubber gripped underside lends itself to push-ups on any flat surface. Ergonomic comfort grip handles reduces strain on the wrists.Numbered push up positions for targeting different muscles. Grippy base adds stability and traction. Packed in 100% recyclable and plastic-free packaging.



Colour：	adidas Constant-095A-Black (BLACK U)
Dim.(LxWxH)：	207 x 130 x 117mm
Material：	PP(40%) ABS(49%) Silicone(3%) NBR(8%)
Max.User Weight：	120 Kgs.
Net Weight：	430gms
Other Features：	11.7cm elevation allows for deeper,effective push ups.