# PRODUCT SPECIFICATIONS

***ADAC-11400GR Adjustable Grip Trainer***

**Code: ADAC-11400GR**

**MRP : 1399.00**

adidas Adjustable Grip Trainer specifically targets the forearms and hand muscles. The Trainer features a solid metal spring and durably moulded frame. Allowing you to increase not only the strength of your forearms and hands, the Trainer also boosts your muscular endurance, helping you to reach heavier lifts and greater reps without your grip letting you down. The Trainer's tension dial helps to avoid training plateaus and allows you to continue to develop your grip strength as you progress. The Adjustable Grip Trainer also features rubberised handles for a stronger grip when applying maximum pressure.

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| Colour： | 095A - Black (BLACK U), adidas Constant-001A-White (WHITE C) |
| Dim.(LxWxH)： | 150x120x22mm |
| Material： | PP (45%) TPR (15%) Steel (40%) |
| Net Weight： | 0.142 Kg |
| Other Features： | Packed in 100% recyclable and plastic-free packaging |