

# Body Bars® Product Descriptions

## BODY BARS® & STORAGE RACKS

### THE BODY BAR®

#### TECHNICAL SPECIFICATIONS

#### MATERIAL

Steel bar with easy-grip durable rubber casing and end caps. All bars are black and less than 2" diameter.

#### THE BODY BAR® - CLASSIC - 4FT.

Our most popular and versatile model used for all types of strength, conditioning and functional training.

Weight	Code	Price
3 lb	BB03	\$23.95
6 lb	BB06	\$26.95
9 lb	BB09	\$29.95
12 lb	BB12	\$34.95
15 lb	BB15	\$39.95
18 lb	BB18	\$44.95
24 lb	BB24	\$49.95

#### THE BODY BAR® - MINI - 2 FT.

This shorter, lighter bar is used for Pilates, Yoga, Martial Arts and Innovative Stretch workouts. It can also be used as a substitute for dumbbells.

Weight	Code	Price
4 lb	MBO4	\$23.95
6 lb	MBO6	\$26.95

#### THE BODY BAR® - HEAVY - 5 & 6 FT.

For those who want a heavier bar and prefer the added length.

Weight	Code	Price
5' - 30 lb	BB30	\$79.95
6' - 36 lb	BB36	\$89.95

#### THE BODY BAR FLEX®

Lightweight padded bar perfect for balance and flexibility training also offers resistance when flexed. Great for building gentle strength.

Size/Weight	Code	Price
3' - 1 lb (original)	BBFlex-3	\$24.95
4' - 1 lb (original)	BBFlex-4	\$29.95
4' - 2 lb (power)	BBFlex-4P	\$39.95
4' - 4 lb (weighted power)	BBFlex-4P04	\$49.95



### DVD SERIES

Master Your Body™

and *Express*

Comprehensive series of instructional DVDs taught by leading fitness professionals. The DVD's cover a wide range of workouts using the Body Bar combined with the latest fitness trends. (see other side for details)

### STORAGE RACKS

#### TECHNICAL SPECIFICATIONS

#### MATERIAL

16 gauge 1"x2" rectangular tube and 16 gauge cold rolled steel. Powder coated for a lasting, durable finish. Completely welded with no assembly required and individually packed for protection.

#### BASIC STORAGE RACK

Units are black and hold up to 35 bars. Size: 33"h x 24"w x 18" d.

Weight	Code	Price
36 lb	SR30	\$149.95

#### MINI BAR RACK

Units are black and hold up to 30 bars. Size: 22"h x 24"w x 12"d

Weight	Code	Price
20 lb	MR1	\$99.95



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**BODY BAR®**  
one bar. infinite workouts.