



TRIBAR

**ARM
YOURSELF**

PRODUCT GUIDE



WELCOME TO
TRIBAR

TriBar takes an old school approach to training and fitness, get your head down, work hard and earn the results. In this manner, there is no gender, race or age that TriBar is specifically aimed at in the market place, TriBar is for anyone who endeavours to be better.

TriBar offers an affordable, innovative and well constructed solution to a market of people looking to get more out of their fitness regimes. TriBar is the future for strength and conditioning.

TriBar offers a range of products in different weights to cater for all strength abilities. Each product is created with a specific purpose in mind, whether that's to tone or strengthen, they are produced to help our customers reach all their fitness goals in an effective way.

TriBar is the new fitness weapon of choice...

ARM YOURSELF.

www.TriBar.co.uk



WEIGHT TRAINING

TriBar weights are used for weight training and selected muscle group exercises. The TriBar shape provides a unique 60 degree double grip, overhand or underhand. These grip options increases the range of exercises available to target specific muscle groups. Overhead press, triceps extensions, bicep curls, rows, hammer curls are just a few of the exercises enhanced by the TriBar.





FUNCTIONAL TRAINING

TriBar weights are used for dynamic exercises and functional training. TriBar functional training builds the strength, stability and mobility needed to physically excel in both sports and general health.

The Tribar provides a secure two handed or one hand grip to cater for a large range of exercises. Dynamic swings, jumps, rotational exercises, squats, and even burpees are all enhanced using the TriBar.



ACCESSORY TRAINING

The TriBar offers far more than a free weight.

Combine the TriBar with resistance bands for variable resistance training. The bands loop through and over the TriBar balls. The TriBar bars can then be used to grip firmly onto with either a one or two handed grip. Rows, overhead press, rotational pulls, triceps extensions are all ideal exercises.

Combine the tribar weights with TriBar straps or standard climbing slings. Attach the other end to a fixed object to enable the full range of one or two handed suspended bodyweight exercises such as inverted rows, pull ups, assisted squats and dips.





WEIGHTS REIMAGINED

The TriBar was forged from the drive to strengthen the human body using a free weight with a more secure two handed grip for dynamic functional exercises.

This revolutionary fitness creation provides multiple secure single or 60 degree double handed grip options for a vast number of exercises. Each TriBar is well balanced and colour coded for easy identification alongside the full range.

TriBar is more than a product or fitness regime, it's a mind-set. Its standing up and being counted. Its taking up arms to fight for a healthy strong body and quality life. It's finding that soldier in us all and bringing it to the surface.

When you arm yourself with TriBar, nothing can stop you. Its time to get to work...

ARM YOURSELF!



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9 West Street, Congleton, Cheshire, CW12 1JN,
T: +44 1260 221 393 E: Info@TriBar.co.uk W: www.TriBar.co.uk
F: TriBarOfficial T: TriBarOfficial I: TriBarOfficial