

Multi-Grip Cable/Landmine Attachment

SPECS

MATERIAL	1/4" Steel Plate
HEIGHT	5"
WIDTH	38"
DEPTH	6.5"
WEIGHT	22 LBS
FOOT PRINT	5"x 28" x 6.5"
MADE IN USA	YES



The Multi-Grip Cable/Landmine Attachment was designed to be a multi-use attachment that can be used on cable machines or landmine units. Weighing in at 22 LBS this bar is sturdy but not too awkward/heavy for cable exercises. The 6 knurled handles can be moved to 16 different locations to change the grip.

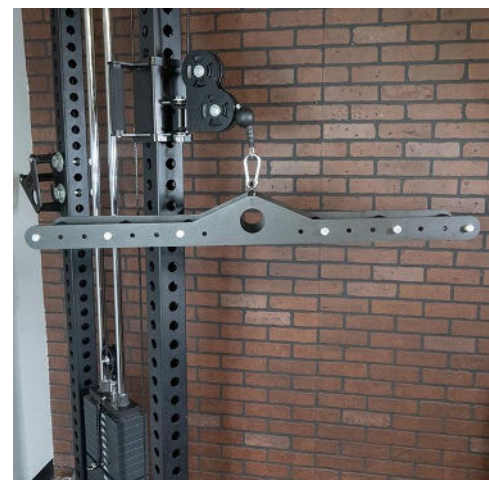
FEATURES



Landmine Hole for 2" Bar (No Plastic)



Carabiner Included



8 Holes per side 2" Apart