



Olympic Disc Set - 80 kg

SKU: TS-31-021-00

Product Images



Short Description

When it comes to weight training, barbells are easily the most popular choice amongst fitness enthusiasts as they offer far more versatility than fixed-weight machines.

Now thanks to the fantastic Titanium Strength Olympic Rubber Radial Barbell Kits, it's possible to add even more challenge and variety to your training program.

Challenge yourself with exercises such as; the bench press, trunk rotation, side bend, high pull, barbell row, biceps curl, triceps extension, reverse fly, deadlift, shrug, squat, lunge and calf raise, to target all of the major muscle groups in the body.

Toning and strengthening these muscles will not only add spectacular definition to your body, it will also help improve muscular endurance, promote healthy weight loss and assist with injury prevention.

Description

Why you should buy the Titanium Strength 135LB Olympic Weight Set?

Solidly crafted, these weight plates are the perfect addition to your home-gym. Specifically designed with tri-grip handles to make lifting and loading the weights onto the bars easier, the fabulous rubber coating provides a more aesthetic finish than the cast iron or plain variety.

This tough, durable rubber also protects your flooring from dents and scratches so you can take your training to the max in confidence, plus it also reduces noise disturbance and prevents rust from damaging your equipment.

The 135LBs kit includes the following:

- 2 x 2,5 lb
- 2 x 5 lb
- 2 x 10 lb
- 4 x 25 lb

About Titanium Strength:

Leading brand in the sale of equipment and machines for strength and cardio training.

Additional Information

Use	Professional
Color	Black
Brand	Titanium Strength
Length cms.	0
Weight (lbs)	135.000000
Disc diameter (mm)	50