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# Olympic Disc Set - 120 kg

SKU: TS-31-022-00-AA

## Product Images

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## Short Description

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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

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### Why you should buy the Titanium Strength 170LB Olympic Weight Set?

- **Pack of Olympic Rubber Discs** with **metal inner ring**.
- It offers a great grip to **perform free weight training** with the **greatest safety** and **efficiency**.
- **Weight identification number for each disc:** to ensure weight selection during training.

#### Package:

##### Pack of 170 lbs:

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

#### About Titanium Strength:

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

## Additional Information

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Use	Professional
Color	Black
Brand	Titanium Strength
Length cms.	0
Weight (lbs)	120.000000
Disc diameter (mm)	50