



USA OLYMPIC HEX BAR
SKU: GOT-56



FEATURES & DETAILS

The spacious diamond design of our USA GOT-56 “hex” bar allows it to accommodate virtually any user. It is more efficient for deadlifts and shoulder shrugs than a traditional barbell because the weight being lifted is transferred to knees and thighs rather than hips and lower back, thereby reducing stress to those areas and preventing injury. The high weight capacity makes it a good choice for lighter institutional settings or heavy duty home use.

PRODUCT SPECIFICATIONS

Overall Length

56 in.

Inside Handle to Inside Handle Distance

23.5 in.

Loadable Sleeve Length

10 in.

Weight

43 lb

Finish

Polished

Knurling

Medium

Sleeve Attached

Welded to Frame

Weight Capacity

300 lb

Shaft Diameter

25 mm

Collar Diameter

2 in.

WARRANTY INFORMATION

All USA Sports, Inc products come with a 90-day warranty, against breakage through proper use to the original owner and does not cover normal wear and tear. This warranty does not cover products placed in a commercial setting.