

Cable Handles



Our newly re-made thick grip cable handles have been grouped together to provide all handles in one discounted package.

Now made from LASER cut steel these premium grade fat grip cable handles are engineered in the UK to the highest quality you'd expect from GymRatZ Gym Equipment.

Price: £695.00

<http://www.gymratz.co.uk/gymratz-thick-grip-cable-handle-set>



Oversized (48" long) lat bar for performing wider-grip pulldowns.

RRP: £50.00

Our Price: £40.00

You Save: £10.00 - 20 % Discount

<http://www.gymratz.co.uk/extra-long-lat-bar>



Solid-steel (with durable hard chrome finish) lat pulldown bar suitable for use for lat pulldowns to the front or back. Plus, narrow-width grips makes the bar suitable for reverse grip pulldowns and tricep or bicep exercises. This Heavy-Duty Lat Pulldown Bar is 36" long. Ergonomic rubber

RRP: £45.00

Our Price: £36.00

You Save: £9.00 - 20 % Discount

<http://www.gymratz.co.uk/hd-lat-pulldown-bar>



The Revolving Curl Bar Cable Handle is the ever popular EZ Curl Bar made for use with a low pulley station. So, the Revolving Curl Bar Cable Handle is great for performing curls with continued resistance - blast those biceps!

RRP: £40.00

Our Price: £35.00

You Save: £5.00 - 13 % Discount

<http://www.gymratz.co.uk/revolving-curl-bar>



This Revolving straight Bar is a versatile bar and is a perfect accessory for Triceps Pressdowns, Curls, Upright Rows, Seated Rows and much more.

Price: £25.00

<http://www.gymratz.co.uk/revolving-straight-bar>



A uniquely balanced tricep pressdown bar with offset pivot creating an extremely comfortable and natural action when performing tricep pressdowns on any cable/pulley machine.

RRP: ~~£40.00~~

Our Price: £35.00

You Save: £5.00 - 13 % Discount

<http://www.gymratz.co.uk/pivoting-tricep-pressdown-bar>

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An essential cable attachment, this adjustable canvas stirrup handle is a must-have. Featuring 4 metal rings for easy adjustment.

Price: £14.15

<http://www.gymratz.co.uk/adjustable-canvas-stirrup-handle>

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The Stirrup Handle Cable Attachment is suitable for performing a large variety of single-arm exercises. The solid steel hard chromed handle features an injection moulded urethane hand grip.

RRP: ~~£25.00~~

Our Price: £22.00

You Save: £3.00 - 12 % Discount

<http://www.gymratz.co.uk/stirrup-handle>



Knurled solid steel hard chrome plated handle Tricep Pushdown Bar with a welded flange and urethane grip for performing tricep pushdowns, as the cable handle name suggests.

RRP: ~~£30.00~~

Our Price: £28.00

You Save: £2.00 - 7 % Discount

<http://www.gymratz.co.uk/tricep-purshdown-bar>



This Tricep Rope has the strength to pull a truck! Features over-sized rubber blocks and super-thick, high carbon steel swivel for strength, durability and comfort. Do the heaviest Pressdowns, Curls, Crunches, Kickbacks and Deltoid Raises.

RRP: ~~£20.00~~

Our Price: £19.50

You Save: £0.50 - 3 % Discount

<http://www.gymratz.co.uk/tricep-rope>



Improved upon the regular Seated Row/ Chinning Combo Bar, the Pro version from York Barbell benefits from a hard chrome coating and a 35mm urethane grip, making it better quality and more comfortable to use. Every shop customer that has directly compared the two, opted for the Pro Seated Row/ Chin

RRP: £30.00

Our Price: £28.00

You Save: £2.00 - 7 % Discount

<http://www.gymratz.co.uk/pro-seated-row-cable-handle>



Ideal for performing lat pulldowns to the front or wide grip seated rows, allowing you to perform a greater range of movement than with a narrower grip cable handle, such as the Seated Row/ Chinning Combo Bar or Dual Purpose Bar.

RRP: £50.00

Our Price: £40.00

You Save: £10.00 - 20 % Discount

<http://www.gymratz.co.uk/pro-style-lat-bar-24>



Ideal for performing lat pulldowns to the front or wide grip seated rows, allowing you to perform a greater range of movement than with a narrower grip cable handle, such as the Seated Row/ Chinning Combo Bar or Dual Purpose Bar.

RRP: £55.00

Our Price: £45.00

You Save: £10.00 - 18 % Discount

<http://www.gymratz.co.uk/pro-style-lat-bar-34>



Rather than spending a fortune on inner and outer thigh trainers, perform hip extension, adduction & abduction from your cable machine with the simple addition of this ankle strap.

Price: £12.50

<http://www.gymratz.co.uk/ankle-thigh-strap>



This handle features twin roller bearings, so the handle rotates incredibly smoothly making it challenging to hold on to when used with our olympic loading pin or a cable machine.

Price: £65.00

<http://www.gymratz.co.uk/gymratz-fat-rolling-stirrup-handle>



The handle's on twin roller bearings, so the handle rotates incredibly smoothly & easily, making it very difficult to hold on to when used with our olympic loading pin or a cable machine.

Price: £70.00

<http://www.gymratz.co.uk/gymratz-3-inch-fat-rolling-stirrup-handle>



2" thick fat grip bar for performing primarily seated rows and narrow-grip pulldowns. The fat grip, precision knurled handles reduce pressure on the fingers allowing greater focus on the lats without the need for additional grip aids such as straps etc.

Price: £75.00

<http://www.gymratz.co.uk/gymratz-fat-seated-row-chin-bar>



With our 2" Thick Grip Parallel Lat Pulldown Bar, enjoy the combined benefits of fat bar training and a wide inverted grip for rows, pulldowns, or even straight-arm pulldowns. Train for increased grip strength and exercise form with our range of fat cable handles and bars. The 2" Fat Inverted Grip

Price: £125.00

<http://www.gymratz.co.uk/gymratz-thick-parallel-lat-pulldown-bar>



The 2" THICK Grip Lat Pulldown Bar cable handle ifeatures our textured black powder coat finish for durability, laser cut frame which now allows us to give this bar a lifetime warranty against breakage.

Price: £95.00

<http://www.gymratz.co.uk/gymratz-fat-lat-pulldown-bar>



Train for increased grip strength and exercise form with our range of fat cable handles and bars. The 2" Fat Grip Straight Bar cable handle features our textured black powder coat finish for durability.

Price: £50.00

<http://www.gymratz.co.uk/gymratz-fat-grip-straight-bar>



The 2" Fat Grip Lat Pulldown Bar cable handle and features our textured black powder coat finish for durability.

Price: £95.00

<http://www.gymratz.co.uk/gymratz-fat-extra-long-lat-pulldown-bar>



The classic wrist roller for forearm work is now made even harder with a 2" thick handle.

Price: £95.00

<http://www.gymratz.co.uk/gymratz-fat-grip-wrist-roller>



Fat grip (2") EZ curl cable handle attachment with revolving connector.

Train for increased grip strength and exercise form with our range of fat cable handles and bars. The 2" Fat Grip Curl Bar cable handle features our textured black powder coat finish for durability.

Price: £145.00

<http://www.gymratz.co.uk/gymratz-fat-grip-revolving-curl-bar-cable-handle>



Multi-Exercise Bar Cable Handle for use in a variety of movements, such as Triceps Pressdowns, Cable Curls, Seated Rows, Neutral-Grip Lat Pulldowns, etc. The Multi-Exercise Bar Cable Handle has a hard chrome finish with PU Ergo-style grips.

RRP: £40.00

Our Price: £35.00

You Save: £5.00 - 13 % Discount

<http://www.gymratz.co.uk/multi-exercise-bar-cable-handle>



Part of the hard chrome-series of cable handles, which feature PU 35mm ergo-grips too. This Multi-Purpose V-Bar Cable Handle is sort of a V-Bar and Straight Bar handle combined, so, you can switch-up your grips for all manner of cable work, such as Triceps Pressdowns, Seated Rows, Cable Curls, etc.

Price: £23.00

<http://www.gymratz.co.uk/multi-purpose-v-bar-cable-handle>



Canvas Stirrup Handle suitable for use with any adjustable cable pulley machine or multi-gym

RRP: £16.00

Our Price: £15.00

You Save: £1.00 - 6 % Discount

<http://www.gymratz.co.uk/canvas-stirrup-handle>

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An assortment of Hard Chrome coated cable handles, perfect for any commercial gym environment. Also available is a vertical rack capable of storing this entire set.

Price: £279.17

<http://www.gymratz.co.uk/cable-handle-pack-15-piece>

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As an alternative to our super heavy duty made-2-order GymRaZ T-Bar Row handles we have a range of handles suitable for home or commercial use that are imported from China. What this typically means is the quality can be "variable" so don't expect immaculate welds or paint, but what you can expect

Price: £34.99

<http://www.gymratz.co.uk/grappler-tbar-handle-type2>

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As an alternative to our super heavy duty made-3-order GymRaZ T-Bar Row handles we have a range of handles suitable for home or commercial use that are imported from China. What this typically means is the quality can be "variable" so don't expect immaculate welds or paint, but what you can expect

Price: £34.99

<http://www.gymratz.co.uk/grappler-tbar-handle-type3>

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This Handle is one of 4 x T-bar Row Handles so we'll call it "Type 4" for ease of reference.

It features a wide parallel grip hand position and is deep enough to get a good range of motion with bigger Olympic plates.

Price: £34.99

<http://www.gymratz.co.uk/grappler-tbar-handle-type4>



As an alternative to our super heavy duty made-2-order GymRaZ T-Bar Row handles we have a range of handles suitable for home or commercial use that are imported from China. What this typically means is the quality can be "variable" so don't expect immaculate welds or paint, but what you can expect

Price: £34.99

<http://www.gymratz.co.uk/grappler-tbar-handle-type1>



Pair of Sphere/Ball hanging pull up grips for use with Racks, Chin frames, chains and loading pins

Price: £33.99

<http://www.gymratz.co.uk/sphere-pull-up-grip>



Sphere/Ball/Globe grip Cable handle - For an increased finger and grip strength training. A great addition for rock climbers and martial arts practitioners where a powerful finger grip and strength can make the difference between success and failure in climbing or grappling sports.

Price: £19.99

<http://www.gymratz.co.uk/globe-gripz>

Gym Ratz - (Fitness Equipment UK)

GymRatz - Fitness Equipment, 199 Avonmouth Road, Avonmouth, Bristol, BS11 9EG UK

Tel: 0845 86 86 888 Fax: 0870 4711 011
