

## Fat Bars, Thick Bars, Poliquin Bars



Olympic 2" Fat Bar - If you are new to Fat Bar Training or are looking to use incorporate Fat Bar Training into your personal training gym or studio then a 2" Fat Bar is the best starting point. Light weight but with a huge loading capacity our Fat Bars are the Thick Bars to go for.

Price: £155.00

<http://www.gymratz.co.uk/gymratz-7ft-thick-bar>

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Our Olympic Football Bar has proved so popular with the commercial gyms and elite strength athletes which has seen an increase in popularity in the States thanks to a few of the right names recommending it. Once used you'll find it hard to go to any other bar (Except perhaps our Fat Grip version)

Price from £290.00

<http://www.gymratz.co.uk/gymratz-olympic-football-bar>



2" (50mm) handle Thick grip dumbbells for your strength training and grip technique endeavours. Blast your forearm flexors gripping these heavy-duty Olympic dumbbells. Also of interest, we offer an entire range of specialist gym equipment - thick bars, thick grip cable handles.

Price £95.00

<http://www.gymratz.co.uk/thick-grip-olympic-dumbbells>



Check out our specialist range of Olympic Weight Training Bars. This Poliquin Angled Dual Grip Bar is manufactured to the exacting dimensions and standards as required to make this a great strength training bar. Ultra Smooth Revolving ends available for the very best training action.

Price from £215.00

<http://www.gymratz.co.uk/poliquin-angled-dual-grip-bar>



Check out our specialist range of bars. This Poliquin Dual Grip Bar is manufactured to the exacting dimensions and standards as created by the legendary Charles Poliquin himself to make this a great strength training bar. Ultra Smooth Revolving ends available for the very best training action.

Price from £205.00

<http://www.gymratz.co.uk/poliquin-dual-grip-bar>



You know how much we love the Trap Bar as a training tool well our brilliant engineers have given us a tweaked version which features FAT GRIPS - You want to get tough you gotta train tough and fat grip training is where it's at.

Price: £230.00

<http://www.gymratz.co.uk/gymratz-olympic-trap-bar-fatgrip>



Our Olympic Football Bar has proved so popular with the commercial gyms and elite strength athletes we've taken it one step beyond awesome by making a FAT GRIP Football Bar. Add a new dimension to your training regime - Buy one today !

Price from £305.00

<http://www.gymratz.co.uk/fatgrip-olympic-football-bar>



Our Olympic Multi-Grip Swiss Bar is a specialist weight training bar with a purpose. If you are an elite athlete and can't afford to take down time through injuries a Multi-Grip Swiss Bar

Price from £280.00

<http://www.gymratz.co.uk/olympic-multi-grip-swiss-bar>



Our Olympic Fulcrum Bar is a specialist weight training bar focussing primarily on forearm development by modified loading and off-set fulcrum rotation of the bar. Big loads can be placed on the forearms with small increases in additional weight.

Price: £245.00

<http://www.gymratz.co.uk/olympic-fulcrum-bar>



Heavy Duty Olympic Log Bar (type 2) - Featuring parallel grips this commercial olympic log bar is light enough for beginners to develop a log bar technique but engineered to be tough enough for any heavy duty seasoned lifter. Great for all types of pressing and rowing exercises.

Price £245.00

<http://www.gymratz.co.uk/olympic-log-bar-type2>



Heavy Duty Angled Grip Olympic Log Bar - Featuring the same super tough engineering as our Type 2 Olympic Log Bar but with handles at 20 degrees off parallel for a more natural grip and a touch of workout variety.

Price: £245.00

<http://www.gymratz.co.uk/olympic-log-bar-angled>



Our Heavy Duty Rackable Cambered Squat Bar (Type2) gives a lower centre of gravity which is also further forward when squatting compared to a straight bar. The 36cm camber allows hands to be positioned lower which reduces work done by the upper back.....

Price: £335.00

<http://www.gymratz.co.uk/cambered-squat-bar-type2>

[www.gymratz.co.uk](http://www.gymratz.co.uk)



Olympic 2.5" Fat Bar (Thick Bar) - So you want to beef up your poundages? Grab a grip load of Fat Bar. We start the game with a 2" fat bar up through this bad boy at 2 1/2" and on to our fat b'std bar at 3" thick but the 2" and this 2.5" are most popular.

Price: £180.00

<http://www.gymratz.co.uk/gymratz-7ft-63mm-fat-bar>



Made in England - These 10" Log Bars have stood the test of time in many super heavy duty commercial gyms. This Log Bar is a true strong-man training tool. At 10" in diameter and 6' in length with 300m" Olympic loading ends you'll have great fun and be able to test your strength while developing it.

Price: £480.00

<http://www.gymratz.co.uk/olympic-log-bar-10-inch>

[www.gymratz.co.uk](http://www.gymratz.co.uk)



Olympic 3" Fat Bar (Thick Bar) - Ok so you want your Fat Bar to be thick? This is the thickest of the fat ones. At a full 3" thick you'll need some big old shovels to grip this bad-boy. 2" or 2.5" fat bars are the most popular but sorting the men from the boys is a job for Super-Fat 3" Bar .....

Price: £210.00

<http://www.gymratz.co.uk/gymratz-7ft-76mm-fat-bar>



Heavy Duty Olympic Skeleton Log Bar - Featuring parallel grips and an economical open frame design means this commercial olympic log bar is light enough for beginners to develop a log bar technique but super tough with simple fabrication and design for maximum economy.

Price: £125.00

<http://www.gymratz.co.uk/olympic-log-bar-skeleton>



2.5" (63mm) handle Thick grip dumbbells for huge forearm strength. Blast your forearms gripping these heavy-duty Olympic dumbbells. Also of interest, we offer an entire range of specialist gym equipment - thick bars, thick grip cable handles

Price £115.00

<http://www.gymratz.co.uk/thick-grip-olympic-dumbbells-63mm>



3" (75mm) handle Thick grip dumbbells are the biggest and baddest thick grip dumbbell handles ever created. Made in England by an elite team of crack commando gym fabricators you know these are handles will destroy you, so butch-up and grab a fist full of power or go watch a chick flick with the girls

Price £130.00

<http://www.gymratz.co.uk/thick-grip-olympic-dumbbells-75mm>



So you've got your straight Olympic Fat Bar and now want to add a bit of variety into your thick bar training routine. You REALLY NEED to try one of our EZ-Curl Fat Bars. This 2" bar is a great place to start for biceps and triceps training with the boost of the fat bar.

Price from £180.00

<http://www.gymratz.co.uk/50mm-thickgrip-olympic-ez-bar>



Check out this bad boy. Stepping up from our 2" EZ Curl Thick Bar we have the 2.5" beauty. The benefits of fat bar training are now being realised in a similar way to how kettlebell training has taken off. Fat bars are more than just grip training... you have to try it to appreciate it...

Price from £220.00

<http://www.gymratz.co.uk/63mm-thickgrip-olympic-ez-bar>



Baddest of the bunch is our Super Thick 3" Fat EZ Curl Bar. The benefits of fat bar training are now being realised by professional athletes and trainers alike. Fat bars are more than just grip training... you have to try it to appreciate it...

Price from £240.00

<http://www.gymratz.co.uk/75mm-thickgrip-olympic-ez-bar>



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>

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Our olympic Stubby Fat Bars are available in handle thickness of 2", 2.5" and 3", as pictured above from top to bottom respectively. Please select your required handle thickness from the drop down menu (above right). Also, as per all of our specialist bars, we can make them with revolving sleeves

Price from £155.00

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



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>



Wow, what a bar! Whether you're in to fat bar training or not, you'll love this bar! Steel 2" fat bar with knurled black paint finish and olympic free-revolving zinc plated ends, the Poliquin endorsed Professional Fat Bar is the Texas Bar equivalent to Fat Bar training

Price: £325.00

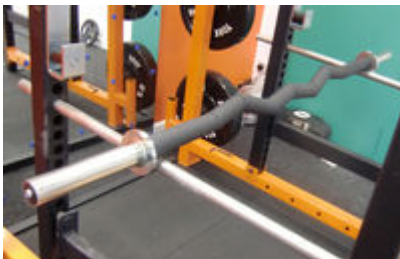
<http://www.gymratz.co.uk/professional-olympic-fat-bar>



Having had a few customers undecided as to whether they want a regular grip (25mm to 30mm) olympic trap bar or our fat grip (50mm) trap bar, we've helped make the decision easy by creating a new double grip (25mm and 50mm) olympic trap bar. Now you can enjoy the benefits of training with an

Price: £290.00

<http://www.gymratz.co.uk/gymratz-double-grip-olympic-trap-bar>



Our Fat Grip Professional EZ Curl bars have undergone a few changes since the original version. as such various options are now available for all thickness' bars so we've grouped them all onto this one page where you can select the bar thickness, whether you want super-smooth revolving ends or regul

Price from £180.00

<http://www.gymratz.co.uk/professional-fat-ez-curl-bar>



A cross between our Olympic Log Bar 10" and our Olympic Log Bar Type 2. Basically, a bar for those wanting a 10" log (for the feel of a real log lift), but at a lesser weight (25kg) and cheaper. Ideal for Bootcamps and Strongman-style circuit training.

Price: £295.00

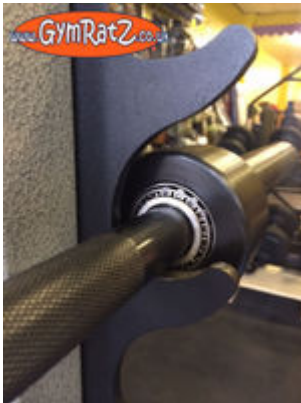
<http://www.gymratz.co.uk/olympic-10inch-economy-log-bar>



For all of our customers with standard (1") plates and have asked for a fat (2" thick grip) to train with, here you go: The GymRatZ 7ft 2" Fat Standard (1") Bar. 2" thick grip with standard (1"/ 25mm) ends.

Price: £85.00

<http://www.gymratz.co.uk/gymratz-7ft-standard-thick-bar>



7ft olympic bar weighing 20kg. The Functional Training Bar benefits from a durable black oxide finish, sharp knurling, "flexy" shaft, and free-spinning ball bearing sleeves WITH end caps. A tough bar that's better-suited for "functional" / CrossFit style training than a generic olympic bar..

RRP: £249.99

Our Price: £179.99

You Save: £70.00 - 28 % Discount

<http://www.gymratz.co.uk/functional-training-bar>



Matt writing. For all of our customers with standard (1") plates and have asked for a fat (2" thick grip) pair of dumbbells to train with, here you go: The GymRatZ 2" Fat Standard (1") Dumbbell Handles (pair). 2" thick grip with standard (1"/ 25mm) ends. Fat standard barbells also now available, see

Price £71.99

<http://www.gymratz.co.uk/2inch-fat-standard-dumbbell-handles>



Thors Hammer for all method of swinging and hammering actions (aside from actual striking) with weight. Featuring a 2" fat grip, this is incredibly tough on the forearms and shoulders.

Price: £75.00

<http://www.gymratz.co.uk/thors-hammer>



Benefiting from multi-angled thick handles to avoid joint discomfort on many lifts or to simply add variety to your training, the latest Charles Poliquin endorsed bar - Poliquin Multi-Angle Thick Grip Bar - is a cross between our Multi-Grip Swiss Bar and our Football Bar. A great product for any

Price from £295.00

<http://www.gymratz.co.uk/poliquin-multi-angle-thick-grip-bar>





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>



Fat Grips are a simple and effective weight training aid that allows you to increase the grip dimension of your weight training bar

Price: £19.95

<http://www.gymratz.co.uk/fat-grips>



Our H/D Rackable Cambered Squat Bar (Type2) 500+Kg capacity is the same dimensions as our regular type 2 cambered squat bar but with additional strengthening fillets across the corners to significantly uprate the loading capacity and resistance to bending under heavy failed lifts.

Price: £335.00

<http://www.gymratz.co.uk/cambered-squat-bar-type2-hd>

Gym Ratz - (Fitness Equipment UK)

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