

ProsourceFit Thick Grips for Dumbbell and Barbell, 1.9-in Axle Bar Adapter for Weightlifting and Strength Training

[amazon.com/ProsourceFit-Dumbbell-Weightlifting-Strength-Training/dp/B08C6NPGKC](https://www.amazon.com/ProsourceFit-Dumbbell-Weightlifting-Strength-Training/dp/B08C6NPGKC)



Add more challenge to your reps with the ProsourceFit Barbell Grips. Increasing the width of your grip on barbell, dumbbell, pull-up bar, push-up bar, or cable attachment activates more muscles in your arms and hands. The thick grip also takes some pressure off your hand joints. The rubber silicone provides a non-slip grip when workouts get intense. The barbell grips fit most bars with simple attachment and removal.

- Activate more muscles and ease joint pressure when lifting
- 1.9" axle bar adapter
- Fits dumbbells, barbells, pull-up bars, push-up bars, and cable attachments
- Easy attachment and removal
- Non-slip rubber silicone



Improve Muscle Tone

Intensify your workout without adding more weight. ProsourceFit Barbell Grips allow you to challenge yourself in a different way. The 1.9-inch wrap around grips simulate a thick weight bar which works hand, wrist and forearm muscles all at once for a more rounded exercise. Strengthen more muscles with one attachment.

Ease Pressure on Joints

Take off pressure on your joints with one simple attachment. These wrap around grips simulate a thicker bar when lifting which is better for your joints. Your hand joints are not fully clenched while lifting with fat grips easing the pressure on your joints. Continue to challenge yourself without putting more pressure on your joints with bar grips.

Non Slip Grip

Made with silicone rubber, these weight bar grips are comfortable during heavy workouts. Avoid painful metal bars with a soft barrier of silicone fat grips. The 4.9" length fits most palms keeping your hand from hanging off. Add more to your workout without compromising your comfort!