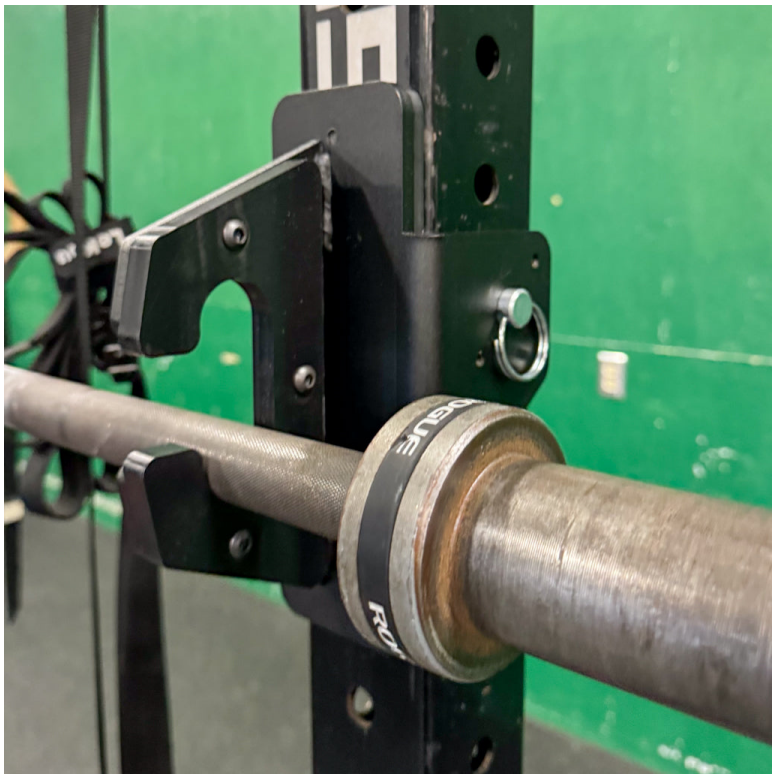
Triphasic ISO Cups

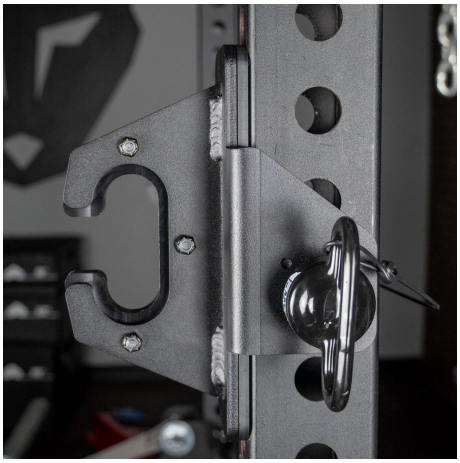


SPECS

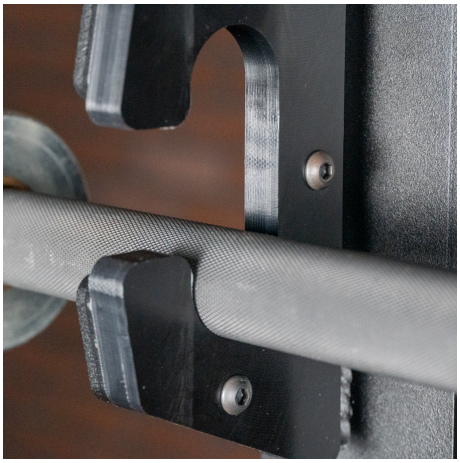
Material Tubing	1/4" Steel Plate
Height	9"
Width	4"
Depth	4"
Weight	4.5 LBS Each
Foot Print	9" x 4" x 4"
Made In Usa	Yes

Triphasic ISO Cups are patent pending and were made in collaboration with Cal Dietz of Triphasic Training. They securely hold the barbell in a groove, allowing athletes to perform isometric barbells lifts safely and easily. Compatible with 1" or 5/8" hole racks on 3x3" tubing. Triphasic ISO Cups allow the athlete to focus on the isometric contraction and not worry about the barbell. Click here to learn more about Overcoming Isometrics from Cal Dietz.

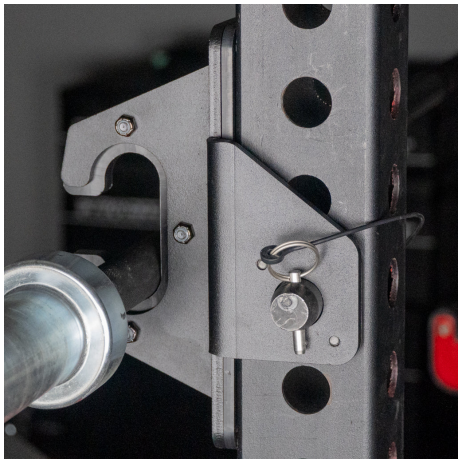
FEATURES



Add to any 1" Hole Rack



Plastic Protection



Hitch Pin Adjustment