

# 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 barbell 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.

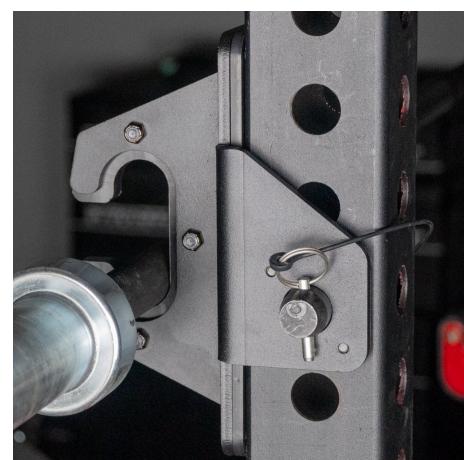
## FEATURES



Add to any 1" Hole Rack



Plastic Protection



Hitch Pin Adjustment