

# Multi-Grip Cable/Landmine Attachment

## SPECS

Material Tubing	1/4" Steel Plate
Height	5"
Width	38"
Depth	6.5"
Weight	22 LBS
Foot Print	5"x 28" x 6.5"
Made In Usa	Yes

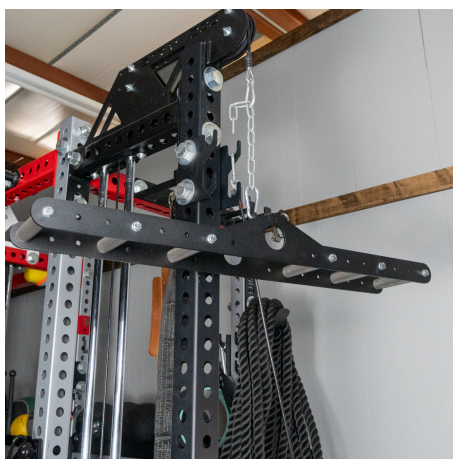


The Multi-Grip Cable/Landmine Attachment was designed to be a multi-use attachment that can be used on cable machines or landmine units. Weighing in at 22 LBS this bar is sturdy but not too awkward/heavy for cable exercises. The 6 knurled handles can be moved to 16 different locations to change the grip.

## FEATURES



Landmine Hole for 2" Bar



Carabiner Included



8 Holes per side 2" Apart