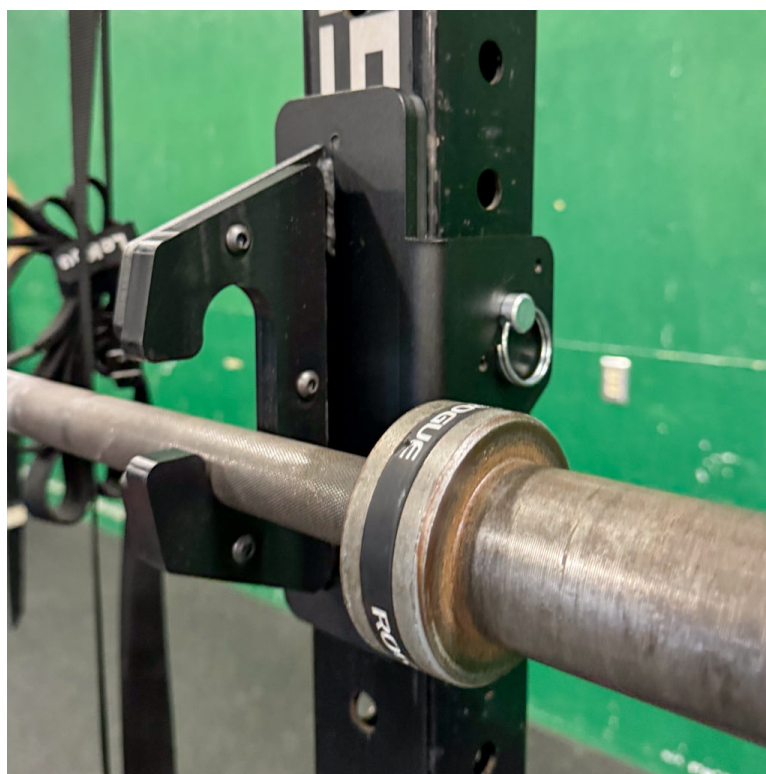


Triphasic ISO Cups

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 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.](#)

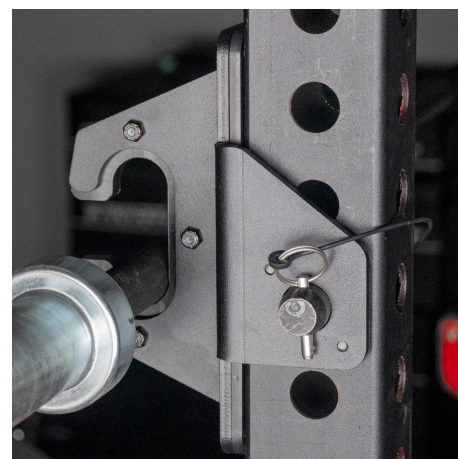
FEATURES



Add to any 1" Hole Rack



Plastic Protection



Hitch Pin Adjustment