BODY BAR'S NEWEST PRODUCT!

MICRO BAR: the functional advantages of the Body Bar…*in a hand weight!*

- Wide diameter, easy grip rubber – comfortable to hold for any sized hand
- Bar is gripped in 3 positions – varies intensity & load within the same movement progression
- Weight is evenly distributed – movement around the body is unencumbered

- 12" in length
- Four sizes: 2, 3, 4, and 6 lbs
- Each weight comes as a set of two.





MICRO BAR is effective for use in ANY fitness discipline –

Barre	Tabata/HIIT
Pilates	Flexibility & Stretching
Yoga	Strength Training
Cardio	Fitness Walking
Dance	Seated/Wheelchair

FOR MORE INFORMATION: info@bodybar.com 303-938-6865 www.bodybar.com