BODY BAR'S NEWEST PRODUCT!

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



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



- Wide diameter, easy grip rubber – comfortable to hold
- Bar is gripped in 3 positions – works varying muscles with the same move
- Weight is evenly distributed – movement around the body is unencumbered
- Effective for use in ANY fitness discipline –
  - cardio
  - strength training
  - seated/wheelchair
  - Barre
  - Pilates
  - dance
  - fitness walking
  - flexibility & stretching
  - Yoga



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