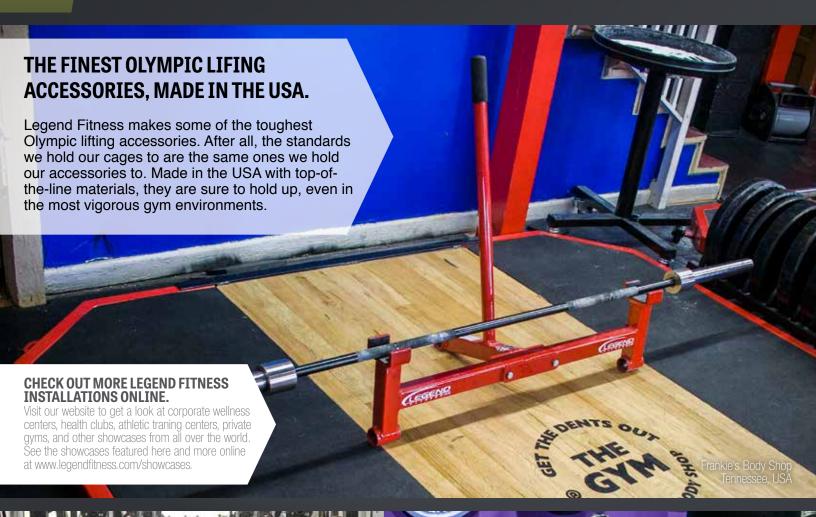
# **OLYMPIC LIFTING ACCESSORIES**





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## 3143 SQUAT STOOL

Big steel, a solid all-welded frame and thick padding. Adjusts from 15.25 inches up to 21.25 inches in 2-inch increments. Available in any of our standard powder coat and upholstery colors.





Shipping Weight: 32 lbs.

#### **3167** OLYMPIC BAR JACK

Fully welded.

A simple pull of the handle lifts the bar off the platform just enough to make plate changes a lot easier and guicker.

Foam rubber coated handle.

Available in any of our standard powder coat colors.



22 x 35 x 42 in.



### **3254** ADJUSTABLE SQUAT SEAT

Durable, non-slip rubber top. Adjustable from 11 inches to 16 inches in 1-inch increments. Available in any of our standard powder coat colors.



Dimensions: 18 x 18 x 15 in.



Shipping Weight: 46 lbs.

## 3259 CHALK BOWL/PEDESTAL

Stainless steel bowl affixed to a fully welded and powder coated pedestal. Available in any of our standard powder coat colors.



18 x 18 x 40.5 in.



Shipping Weight:

## **7011 PULLING BLOCKS**

Allows partial deadlifts to place more focus on hamstrings, glutes and core. Can be positioned for three different heights. Available in any of our standard powder coat colors.





Shipping Weight:

