

**BSTFB****Body-Solid Tools - Fitness Bars****BSTFB****Body-Tools Fitness Bars**

You don't need a basement full of awkward barbells and dumbbells to take advantage of the many benefits of traditional weight lifting exercises. With Body-Solid Tools Fitness Bars, fitness is always within easy reach, because they can quickly and easily be stored away in a closet. Body-Solid gives exercise bars a fresh modern look and user-friendly features:

- Durable rubber construction is easy to grip and easy to clean
- Rubber end caps are color-coded by weight, so you can grab just the right weight for your chosen workout
- Perfect for a variety of personal or group exercises, including physical therapy, aerobics, yoga and pilates
- Ideal for incrementally resistive exercise programs to increase stability, develop core strength and build endurance
- Incremental weights between 4 lb. and 36 lb. let you vary the intensity of your routines
- Weight designations are permanently embossed onto end caps, so sweat and cleaning will not wear them off

**Weight. .. Color.....Item #**

4.....	Orange.....	BSTFB4
6.....	Lt. Purple .....	BSTFB6
9.....	Yellow .....	BSTFB9
12.....	Green.....	BSTFB12
15.....	Red .....	BSTFB15
18.....	Blue .....	BSTFB18
24.....	Dk. Purple .....	BSTFB24
30.....	Magenta.....	BSTFB30
36.....	Lt. Grey.....	BSTFB36