

# ELIVATE® Barbell Comparison Chart

## What's your Barbell IQ?

When it comes to outfitting your lifting center, you want to offer the best choices to assist member performance. From Olympic Bars to Power Bars and International Bars, there are a variety of styles, finishes and uses that can guide your purchase. To make sure that you're ordering what you need, we've created a comparison chart to answer any questions and inform your purchase decisions. Let our barbell selection guide you to the bars that will help members maximize their workouts. Click on the product name to get more details and purchase. ELIVATE is here to help you gear up, so your clients can live fit.

	Body-Solid Olympic Weight Bar	Body-Solid Olympic Curl Bar	Body-Solid Olympic Triceps Bar	Hampton Fitness Deadlift & Shrug Bar	York Barbell "Multi-Hex" Dead Lift/Shrug Bar	York Barbell Super Curl Bar	York 5' International Hard Chrome Bar	York Barbell 6' and 7' Olympic Bar	York Elite Olympic Training Bar	York Elite Power Bar
Colors	Black/Chrome	Chrome	Chrome	Chrome	Chrome	Chrome	Chrome	Steel	Chrome	Chrome
Length/Size	86 inch.	47 inch.	34 inch.	58 inch.	84 inch.	48 inch.	60 inch.	72 inch./84 inch.	86.5 inch.	86.5 inch.
Weight	44 lbs.	17 lbs.	22 lbs.	60 lbs.	60 lbs.	24 lbs.	32 lbs.	45 lbs.	44 lbs.	44 lbs.
Finish	Chrome	Chrome	Chrome	Chrome	Chrome	Chrome	Chrome	Black Oxide	Chrome	Chrome
Great For	Bench press, squats, deadlifts	Building biceps and triceps	Effectivley working triceps	Safe and effective for deadlifts and shoulder shrugs	Safe and effective for deadlifts and shoulder shrugs	Building biceps and triceps	Bench press, squats, deadlifts	Bench press, squats, deadlifts	Multipurpose training, Olympic lifting and Functional Training	Multipurpose training, Olympic lifting and Functional Training
Body Area	Chest, legs and back	Biceps and triceps	Triceps	Back and shoulders	Back and shoulders	Biceps and triceps	Chest, legs and back	Chest, legs and back	Chest, legs and back	Chest, legs and back
Bar Type	Olympic	Olympic	Olympic	Hex Bar	Hex Bar	Curl	Olympic	Olympic	Olympic and Functional Training	Olympic and Functional Training
Use	General liftng	Powerlifting and body building	Powerlifting and body building	Powerlifting	Powerlifting	General lifting and body building	Powerlifting	Powerlifting	Elite powerlifting	Cross training
Price Point	Medium	Low	Low	High	High	Low	Medium	Medium/High	High	High
Item #	<a href="#">W-BSD154</a>	<a href="#">BSD155</a>	<a href="#">BSD156</a>	<a href="#">HAM116</a>	<a href="#">YRK32033</a>	<a href="#">YRK32041</a>	<a href="#">YRK32115</a>	<a href="#">YRK32122/ YRK32121</a>	<a href="#">YRK32002</a>	<a href="#">YRK32004</a>