

OTB100 Open Trap Bar



Shown with optional Olympic Weights and Collars



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The Body-Solid Tools OTB100 Open Trap Bar is a revolutionary tool offering a wide walkthrough design, a built-in bar jack stand, and dual high & low handle positioning. The OTB100 Open Trap Bar makes deadlifts, shrugs, lunges, single-leg squats, farmer's carries, and many more great movements more accessible and effective than ever.

The OTB100 Open Trap Bar's dual high & low handles are ergonomic with medium knurling offering stability, balance, and safety during intense lifts. Thanks to its innovative design, the OTB100 Open Trap Bar is also a built-in bar jack raising the weight sleeves above the ground, making weight plate loading and unloading effortless. The OTB100's 16.25" plate sleeves are designed to fit 2" diameter Olympic weight plates, and the bar has a robust 1000 lb. weight capacity.

Weight: 58 lbs

Dimensions: 26"L x 73"W x 7.5"H

Special Features

- Knurled handles for grip
- Makes deadlifts, shrugs, lunges & more easier and more effective
- Dual high & low ergonomic handles
- Built-in bar jack
- 16.25" plate sleeves
- Compatible with 2" diameter Olympic plates
- Weight Capacity: 1000 lbs.