



Power systems landmine

Power Systems Landmine with Wide Handle This ground-based multi-functional training station can be used in or outside of the gym. Perform one or two arm movements and other rotational exercises by inserting any Olympic size bar (sold separately) into the twelve inch pivoting sleeve at the base of the unit.

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Power Systems Landmine is ground-based multi-functional training station which can be used in or outside of the gym. Perform one or two arm movements and other rotational exercises by inserting any Olympic size bar (sold separately) into the twelve inch pivoting sleeve at the base of the unit. A four inch sleeve is also available to hold ...

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UPDATED DESIGN! You asked, we listened and made our popular Freestyle Landmine even better! Use this versatile tool anywhere! Our new landmine pivot works with most Olympic bars, adds new dimension to your workout, while being portable, and easy to use - no additional rack or rig necessar

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Power Systems Freestyle Landmine works with most Olympic bars, adds new dimension to workout, while being portable, and easy to use - no additional rack or rig necessary. User can experience the 360-degree pivot feature opening workout to rotational exercises like rows, deadlifts, presses, squats, and more.

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