

Introducing the New TrakBar Pro-X

The outstanding feature of the TrakBar Pro-X is the ability of the handles to travel along the length of the bar during the exercise. The distance between the handles automatically adjusts to track perfectly with the natural movements of the user's shoulders and arms.

With 7 axes of rotation the TrakBar Pro-X provides unrestricted mobility. Perform an unlimited range of exercises in succession without the need to change attachments.

Imagine never changing cable attachments again. Permanently affix the Pro-X to a Lat cable tower and perform a wider range of exercises than with any number of traditional attachments.

Suspend the TrakBar Pro-X from an overhead support to create the most versatile pull up station available. Transition between any type of pull up without releasing your grip. Perform perfectly fluid single arm pull ups and endless variations of symmetrical and asymmetrical body weight exercises.

"The most significant advancement in resistance training in years"

Patent Pending



TrakHandle Pro

The patented TrakHandle™ Pro is the most versatile, ergonomically advanced cable handle available. The TrakHandle™ incorporates 3 axes of rotation that provide unprecedented mobility and range of motion for your hands, wrists, arms, and shoulders. Perform a wider range of exercises while minimizing the strain and injury to other muscles, joints and ligaments.



TrakHandle Sport

With 3 axes of rotation, the TrakHandle Sport enjoys many of the same advantages of the TrakHandle Pro, enabling unrestricted movement through multiple planes of motion during any exercise. Its patent pending design combines strong, lightweight materials with ingenious engineering to create a durable handle with advanced functionality that is economic and weighs less than a pound.



TrakRow

Combining two TrakHandle™ Pros with the TrakRow creates a versatile cable pull bar that is a functional quantum leap over existing cable attachments. The TrakRow's 9-inch spread is perfect for close grip work, including pulldowns, pushdowns, curls and rowing exercises. The TrakRow, like our TrakBars, provides 5 axes of rotation which makes them the most functionally advanced cable bars in the industry. You can now achieve perfect form throughout an entire exercise movement and eliminate the impingement and discomfort that accompanies traditional cable bars.



TrakBar 24

Like the TrakRow, the TrakBar 24 and TrakBar 42 incorporate two TrakHandle™ Pros for advanced functionality. The TrakBar 24 is adjustable to 12", 18", and 24" spreads, which allows users of all sizes to target a wide range of muscle groups from a variety of angles.



TrakBar 42

The TrakBar 42 includes settings for 30", 36", and 42" spreads. Ideal for wide and medium grip exercises, such as lat pulls, shoulder and back exercises, and biceps curls, the TrakBar 42 lets you create a custom size pull bar that can target muscles from a variety of angles.