

VersaFit Log

The VersaFit Log is a challenging alternative to traditional strength training products. It allows you to train balance, plyometrics, rotational movements, Olympic lifts, and much more with just one product! You can use it indoors or outdoors. It has multiple handles that allow you to vary exercise focus and function by gripping the bag in different ways.

- 6 strategically placed handles
- Foam grips to added comfort
- Color: Black
- 23" L x 8" diam.
- Available in 5 different weight options

