

Strongman Gym Equipment



Olympic 2" Fat Bar - If you are new to Fat Bar Training or are looking to use incorporate Fat Bar Training into your personal training gym or studio then a 2" Fat Bar is the best starting point. Light weight but with a huge loading capacity our Fat Bars are the Thick Bars to go for.

Price: £105.00

<http://www.gymratz.co.uk/gymratz-7ft-thick-bar>



Heavy-gauge steel construction with black powder coat finish, the GymRatZ Adjustable Farmers Walk Handles weigh 15kg each and can be loaded up to 300kg. These are ideal for a tough free-weight gym with space or rugby club. In fact, we've sold many pairs of these to top-level rugby clubs.

Price: £275.00

<http://www.gymratz.co.uk/gymratz-adjustable-farmers-walk-handles>



GRowler Prowler Pushing Sled is a must for rugby clubs and strength athletes alike, weather & space permitting. Made without compromise, the whole GRowler/Prowler is welded, ensuring it's as tough as you are! Now also available with removable uprights for ease of vehicular transportation.....

Price from £465.00

<http://www.gymratz.co.uk/gymratz-growler-pushing-sled>



Made in England - These 10" Log Bars have stood the test of time in many super heavy duty commercial gyms. This Log Bar is a true strong-man training tool. At 10" in diameter and 5' in length with 12" Olympic loading ends you'll have great fun and be able to test your strength while developing it.

Price: £480.00

<http://www.gymratz.co.uk/olympic-log-bar-10-inch>



Why have one handle when you can have two... With these awesome Dual Grip Farmers Walk Handles you have the choice of a regular 30mm thick handle or a big 50mm Fat Grip handle. Switch from one to the other in the same working set for a killer superset/drop set.. "drop" being how your set will end !!

Price: £335.00

<http://www.gymratz.co.uk/gymratz-dualgrip-farmers-walk-handles>



These Raised Farmers Walk Handles are built to the same exceptional quality as the rest of our commercial gym equipment and our other Farmers Walk Handles except they have their own built-in stands which allow easy and rapid loading & unloading

Price: £325.00

<http://www.gymratz.co.uk/gymratz-raised-farmers-walk-handles>



"Rocky" style olympic chains. Anyone who's ever trained with chains, whether for rehabilitation or just general training, will agree they're a fantastic variation for almost any exercise - deep squats, front squats, pressing, lateral raises (like Rocky).

RRP: £250.00

Our Price: £160.00

You Save: £90.00 - 36 % Discount

<http://www.gymratz.co.uk/gymratz-chains-set-club-pack>



Pinch Grip Block for improving grip strength. We make these extra long (300mm), so you can pinch with one hand or two. We also offer them in a variety of pinch thicknesses (25mm to 110mm) to suit your preference - please choose upon purchase.

Price from £35.00

<http://www.gymratz.co.uk/gymratz-pinch-grip-block>



The handle's on twin roller bearings, so the handle rotates incredibly smoothly & easily, making it very difficult to hold on to when used with our olympic loading pin or a cable machine.

Price: £60.00

<http://www.gymratz.co.uk/gymratz-fat-rolling-stirrup-handle>



The handle's on twin roller bearings, so the handle rotates incredibly smoothly & easily, making it very difficult to hold on to when used with our olympic loading pin or a cable machine.

Price: £70.00

<http://www.gymratz.co.uk/gymratz-3-inch-fat-rolling-stirrup-handle>



This 450mm x 450mm (top) squat box can adjust from 280mm to 400mm in height (NOTE: Pad adds an additional 50mm to quoted height), making it adjustable for everyone. Made of heavy gauge steel to ensure maximal loads - designed to take up to 1000kg.

Price: £335.00

<http://www.gymratz.co.uk/gymratz-squat-box>



As per the title, this Battling Rope's 15 metres long and 2 inches thick. This size is ideal for general Battling Rope exercises and 2 man Battling Rope work, whereas you'll find our 30 metre rope better suited to rope pulls (around a gym bench or goal post).

Price: £149.00

<http://www.gymratz.co.uk/2-inch-battling-ropes-15m>



Adjustable heavy-duty strongman lifting yoke ideal for strongman training alongside our other "strongman" products.

Price £730.00

<http://www.gymratz.co.uk/gymratz-strongman-lifting-yoke>



Freestanding (so you weigh it down with weights!) Conan's Wheel for true strongman training. Renowned for making the heaviest duty kit in the UK, this is yet another strongman product in our arsenal. Also see: Log Bars, Car Lift Frame, Farmers Walk Handles, Axle Bars etc.

Price: £1,389.00

<http://www.gymratz.co.uk/conans-wheel>

Image Unavailable

Joining of array of strongman goodies, the Strongman Car Lift Frame. You may also wish to review our other strongman and strength training items, including Log Bars, Fat Bars, Conan's Wheel, Farmers Walk Handles etc. [CLICK HERE](#) to view the whole GymRatZ "specialist" range.

RRP: £1,395.00

Our Price: £995.00

You Save: £400.00 - 29 % Discount

<http://www.gymratz.co.uk/strongman-car-lift-frame>



The STRONGMAN KETTLEBELL SET features one of each of our 4 heaviest Pro Kettlebells - 52kg, 56kg, 60kg, 70kg.

RRP: £550.00

Our Price: £470.80

You Save: £79.20 - 14 % Discount

<http://www.gymratz.co.uk/strongman-kettlebell-set>



For use with one of our sleds (such as the GRowler) or use separately with a car, cart or truck (depending on your ability!). Another addition to the GymRatZ range allowing Strongman-style training for the masses. Although the IronMind Harness is the best on the market, as used in the World's

RRP: £349.99

Our Price: £295.00

You Save: £54.99 - 16 % Discount

<http://www.gymratz.co.uk/ironmind-truck-pull-harness>



For use primarily with our sleds (such as the GRowler), but can also be used with resistance bands etc. With front and rear attachment points, it's easy to hook up quickly for forward and backward facing pulls. With adjustable upper body and padded shoulders & leg straps make for improved comfort.

RRP from: £199.99

Our Price £110.00

You Save: £89.99 - 45 % Discount

<http://www.gymratz.co.uk/pulling-harness>



Matt writing. "Functional" training has become increasingly popular over the last few years with many traditional Strongman equipment coming in to popularity. Sandbag training is just one of them. This Large Tough-As-Nails Sandbag can hold up to a whopping 300lb of sand when fully loaded. You can

RRP: £79.99

Our Price: £64.99

You Save: £15.00 - 19 % Discount

<http://www.gymratz.co.uk/ironmind-sandbag>



As shown, one-piece heavy-duty pulling sled with holes for strap connection at either end (note: straps included). Ideal for adding variety to club rugby training or a great addition to any strength athletes workouts. For sled pulls, you may also want our pulling harness (see 'Related Items').

Price: £195.00

<http://www.gymratz.co.uk/pulling-sled>



Great for use alongside our Pulling Sled, GRowler or for cart/ car pulls. Something to note, for more general sled pulls (i.e. forward and backward pulling), you may opt for our multi-purpose Pulling Harness (see 'Similar Items'), which has attachment points on the front and rear, so you

Price: £75.00

<http://www.gymratz.co.uk/car-pull-harness>



Training aid Ideally purchased with our Loading Pin (see 'Related Items'), the Rolling Handle is a particular favourite of Strongmen and arm-wrestlers. The handle rotates as you lift engaging hand and forearm muscles to lift the weight.

Price: £69.99

<http://www.gymratz.co.uk/rolling-deadlift-handle>



The Viking Press exercise is a strongman favourite and can now be an addition to any gym with the GymRatZ Viking Press Station. Stand out from the generic gym, by offering some of our popular specialist equipment. Also see our 'related items'.

Price: £1,390.00

<http://www.gymratz.co.uk/gymratz-viking-press-station>



A cross between our Olympic Log Bar 10" and our Olympic Log Bar Type 2. Basically, a bar for those wanting a 10" log (for the feel of a real log lift), but at a lesser weight (25kg) and cheaper. Ideal for Bootcamps and Strongman-style circuit training.

Price: £295.00

<http://www.gymratz.co.uk/olympic-10inch-economy-log-bar>



Multi-use strongman station. In essence, press/ squat stands with safeties, but can also be used as a lifting yoke or sled too. Ideal for strongman-style/ functional training and suitable for the most demanding of users. Optional attachments, such as our Heavy-Duty Dipping Bars and Log Lift-Offs,

Price £1,710.00

<http://www.gymratz.co.uk/gymratz-strongman-multi-functional-station>



Matt writing. Plate-load strongman-style leverage machines are becoming popular again of late, no more so than the deadlift/ shrug machine, which presents a deadlift much like that of a car deadlift. With the neutral-grip and no crossbar in the way, the lift is much like using a trap/ shrug bar, so

Price £1,290.00

<http://www.gymratz.co.uk/gymratz-deadlift-shrug-machine>



Add-on pair of large chains to increase load (with all links off the floor) by 25kg. Ideal for use with squats to greater increase the ratio of weight lifted at the top-of-the-movement compared to the mid-position.

Price: £125.00

<http://www.gymratz.co.uk/chains-set-add-on>



Normally used as a "finisher" by powerlifters, the hip belt squat greatly reduces the requirement of the lower back when performing a squat, but keeps the emphasis on the quads and glutes. Sometimes the hip belt squat is considered by those with shoulder complaints that can no longer perform a

Price £1,695.00

<http://www.gymratz.co.uk/gymratz-belt-squat-machine>



Ironmind's finger-grip-strengthener - Eagle Loops. Hitch your fingers (excluding thumb) in the loops to increase required finger-grip-strength during pulling exercises (e.g. pull-ups, rows, deadlifts etc.), making for a greater overall grip strength. As per all Ironmind equipment, the Eagle Loops

RRP: £44.99

Our Price: £31.99

You Save: £13.00 - 29 % Discount

<http://www.gymratz.co.uk/eagle-loops-pair>



The Cast Iron Cartwheels were a bit of a novelty for show, but these Steel Cartwheels are the real deal for heavy lifting and help to create a bit of an "old-school" atmosphere alongside our fat bars and other strongman goodies. 80cm in diameter, the Steel Cartwheels are practical too for loading

RRP: £249.99

Our Price: £225.00

You Save: £24.99 - 10 % Discount

<http://www.gymratz.co.uk/olympic-steel-cartwheels>



To order to a 30kg Slam Ball, simply click 'BUY!' and go to Checkout. For other increments, please see 'Related Items'.

Price: £62.49

<http://www.gymratz.co.uk/30kg-slam-ball-ss>



Once the biggest of the bunch - the 50kg Slam Ball. A seriously heavyweight ball for drills and slams and can also double-up in strongman-style gyms as an introduction to Atlas Stones.

Price: £108.33

<http://www.gymratz.co.uk/50kg-slam-ball-ss>



We like adding the more unique items that we sale or new custom projects, as I know there'll be many regular customers who'll be thinking "I've got to get myself one of those!". Well, here's another: adding to our strongman line-up: the Strongman Wheelbarrow. Made from heavy-gauge

RRP from: £550.00

Our Price £495.00

You Save: £55.00 - 10 % Discount

<http://www.gymratz.co.uk/strongman-wheelbarrow>



Provided in a large 250ml pot for many applications, Liquid Chalk improves grip by reducing sweat on the hands. It means you'll now be that little bit closer to your new Deadlift and Pull-Up PB's without creating a mess in the gym by using traditional chalk.

Price: £9.99

<http://www.gymratz.co.uk/liquid-chalk>

BUY ONE GET ONE FREE



At this size - a whopping 60kg, the 60kg Slam Ball is more for use as a "light" Atlas Stone than anything else. It's of the same design as our Slam Balls, just a bit too big for slamming and hence the "slam" tag has been removed.

Price: £124.99

<http://www.gymratz.co.uk/60kg-slam-ball-ss>



At this size - a whopping 75kg, the 75kg Medicine Ball is more for use as a "light" Atlas Stone than anything else. It's of the same design as our Slam Balls, just a bit too big for slamming and hence the "slam" tag has been removed.

Price: £175.00

<http://www.gymratz.co.uk/75kg-medicine-ball>



Not too dissimilar to the GRowler/ Prowler, the basic dog sled design allows for a robust and cost-effective push and pull sled for a CrossFit box, functional training facility, bootcamp, or strongman-style gym. Supplied with four pull-out poles, this heavy

RRP: £274.99

Our Price: £224.99

You Save: £50.00 - 18 % Discount

<http://www.gymratz.co.uk/gym-dog-sled>



A replica of the traditional-style Inch Dumbbell, retaining a 2.5 inch thick handle and now available in various increments up to the 78kg - the size that the historic strongman Thomas Inch was able to lift with a single arm.

Price from £145.00

<http://www.gymratz.co.uk/inch-dumbbell-replica>



41" bands available in various resistance (please see drop down menu) primarily for use with squatting, but also used for bench press and deadlift training. Many of the GymRatZ "Professional" range of commercial gym equipment are now fitted (or can be fitted) with band pegs for resistance band

Price from£6.99

<http://www.gymratz.co.uk/41-inch-gymratz-resistance-bands>



A lightweight harness great for pulling sleds or running with parachutes. Made from soft webbing, you can be assured it will not cut into your shoulders and also will not restrict airflow. Available in sizes 'L, XL & XXL'.

Price £74.99

<http://www.gymratz.co.uk/spud-track-harness>



An incredibly versatile station, perfect for squatting or pressing off. It is also a fully functional adjustable Yoke, as well as being great for benching from.

Price: £208.33

<http://www.gymratz.co.uk/sg-adjustable-yoke-training-station>



20" bands available in various resistance (please see drop down menu) We also have the more popular 41" bands but these 20" resistance bands have their own specific uses from rehabilitation to using directly for muscle stimulation

Price from£6.99

<http://www.gymratz.co.uk/20-inch-gymratz-resistance-bands>



Heavy-gauge steel construction with black powder coat finish, these Strength Systems imported adjustable Farmers Walk Handles are as good as our own GymRatZ fabricated ones but being imported they're cheaper and typically available off-the-shelf for next day delivery

Price: £199.99

<http://www.gymratz.co.uk/ss-farmers-walk-handles>



This 433mm x 433mm (top plate) squat box can adjust from 300mm to 403mm in height , making it adjustable for everyone. Made of 750mm X 750mm 3mm steel section and weighing a hefty 25kg rated to monster 750kg for deadlift

Price: £129.99

<http://www.gymratz.co.uk/ss-squat-box>



An incredibly versatile station, perfect for squatting or pressing off. It is also a fully functional adjustable Heavy Yoke, as well as being great for benching from.

Price: £358.32

<http://www.gymratz.co.uk/sg-heavy-duty-yoke-training-station>



Essential Farmers walk handles are an economical but "essential" addition to any functional training gym, boot-camp etc.

Extremely simple in design these farmers walk handles take up very little space. Just add plates and collars and off you go.

Price: £108.33

<http://www.gymratz.co.uk/essential-farmers-walk-handles>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan Tuff nut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £1,056.00

<http://www.gymratz.co.uk/jordan-tuff-nut-100kg>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £499.00

<http://www.gymratz.co.uk/jordan-tuff-nut-40kg>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £966.12

<http://www.gymratz.co.uk/jordan-tuff-nut-80kg>



Take your training to the next level. This is going to sort the men from the boys!
The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £804.00

<http://www.gymratz.co.uk/jordan-tuff-nut-60kg>



At this size - a whopping 75kg, this 75kg Slam Ball is more for use as a "light" Atlas Stone than anything else. It's of the same design as our Slam Balls, just a bit too big for slamming and hence the "slam" tag has been removed.

Price: £175.00

<http://www.gymratz.co.uk/75kg-slam-ball-ss>



This 40kg Slam Ball is more for use as a "light" Atlas Stone than anything else. It's of the same design as our Slam Balls, just a bit too big for slamming and hence the "slam" tag has been removed.

Price: £87.50

<http://www.gymratz.co.uk/40kg-slam-ball-ss>

Gym Ratz - (Fitness Equipment UK)

GymRatz - Fitness Equipment, 199 Avonmouth Road, Avonmouth, Bristol, BS11 9EG UK

Tel: 0845 86 86 888 Fax: 0870 4711 011