



MostFit® SYN Ring Olympic Bar Attachments

New intensity and instability to weight training

California-based company MostFit® strives to provide unique and effective products to the fitness community to make optimum performance more accessible. MostFit® is dedicated to promoting fitness for health and happiness. Its goal is to make fitness enjoyable and realistic.

These factors are paramount in creating a healthy body image and ultimately, success. MostFit® designs and manufactures some of the funkiest functional fitness products in the industry, which CYC is delighted to supply in the UK.

MostFit® SYN Ring Olympic Bar Attachments

The **MostFit® SYN Ring Olympic Bar Attachments** add a new type of intensity and instability element to weight training and functional fitness workouts. SYN Rings allow the user to suspend weight plates from an Olympic weightlifting bar, creating instability and forcing the user to engage more core and stability muscles to increase overall strength. With SYN Rings, the weight plates can move in all directions, and are portable and easy to store. SYN Rings can go with you anywhere, fit in a drawer, or a small spot on the functional training zone floor.



£49.99 INC VAT

SKU: MF-SYN

- Weights are suspended from a standard Olympic weightlifting bar
- Promotes core stabilisation, explosive muscle engagement and athletic development
- Lightweight, compact and portable
- Sold as a pair
- Double-stitched nylon straps and proprietary plastic rings
- Custom rubber band
- Aluminum centre ring, 2 steel D-rings and 2 steel carabiners

Nylon straps:

Length: 21 x Width: 1 3/8 inches
(53 x 3.5 cm)

Maximum weight on each unit:

45lbs (20kg)

Warranty: 2 years

PERFORMANCE FEATURES & SPECIFICATION

