666 Gymleco Farmers Walk

600 series Strongman

The farmer's walk, also called the farmer's carry, is a strength and conditioning exercise where you hold optional weight (preferably Farmers Walk handles) in each hand while walking in distance. Farmers Walk handles will make your workout fun and strengthen amount of muscles in your body.

Gymleco's farmer's carry Handles are robust and truly durable with generous space between the equipment for user's legs. It has upward angled weight holders for longer durability of the equipment. Farmers Walk Handles are traditionally used in Strongman training but also suitable for the gym and for functional training. The starting weight is 15 kg per piece but you can easily add on weight with international weight plates that has 50 mm hole diameter.

- Fits with standard weight plate
- Upward angled weight holders for longer durability
- Professional quality
- Used both in Strongman and in functional training

Lenght	Width	Height	Weight
126 cm	25 cm	51 cm	15 kg/each

Maintenance free
Clean with gentle detergents

Gymleco®