

2018 SERIES

KYZIEN ORIGINAL

BEHIND THE BAR

PRESSING ON TO THE LATEST IN BAR TYPES



SERIES

CONVENTIONAL BARS

1

NONCONVENTIONAL BARS

2

SPECIALITY BARS

3

BEHIND THE BAR

Bench presses, squats, deadlifts, power cleans, snatches. So many ways to get under the bar! We're here to explore the best bars in the business to safely increase and enhance your biomechanics for a stable lift.



IT IS BEST TO TRAIN WITH SOMEONE WHO KNOWS THE FUNDAMENTALS OF THE MOVEMENTS AND HOW TO USE THEM BEFORE TRYING THEM. YOUTUBE TUTORIALS WILL NOT BE ENOUGH FOR THESE BARS.



BEHIND THE BAR

Conventional Bar

Let's begin with one of the most conventional style of bars that is critically acclaimed one for its balance – the Texas Power Bar (Buddy Capps). Manufactured since the 1980s, this bar has withstood the tests of time. Weighing in at 45 lbs, the Texas Power Bar can be used for just about any lift. Its design allows an even flex through the bar, making heavier weights easier to pick up. For an estimated \$280 per bar, you can ensure safety on all lifts.



The Texas Power Bar is a great starter tool, but as you progress in your lifting you may want to look into the Ohio Power Bar (Rogue Fitness), which retails for about **\$350** per bar. This IPF-approved bar allows a max load of a whopping 3,300 lbs, while the Texas maxes at a comfortable 1,550 lbs. The Ohio Power Bar has a longer loading capacity to pack more weight while allowing for an even distribution of the load, which helps mitigate bar whip. Your choice between the two will ultimately depend on your lifting style.



BEHIND THE BAR



CONVENTIONAL BAR

The holy grail of all conventional bars is the Eleiko Power Bar (Eleiko Sport). This is the power bar used in most world-level competitions, and most of the recent world records for lifting were accomplished with it. It has been reported that this IPF-approved bar, which retails at **\$949** per bar, can max out at 3,300 lbs. Some lifters have reported even heavier weights. The Eleiko Power Bar comes with a lifetime warranty and has little to no bar whip.



BEHIND THE BAR

Nonconventional Bars



As far as nonconventional bars go, most lifters are familiar with the yoke bar. However, there are many more options, especially when discussing heavy lifting. Let's look at the best types of bars to consider for rehab/offloading specialty. These next few bars are built for very specific purposes.



REMEMBER

It is best to train with someone who knows the fundamentals of the movements and how to use them before trying them. YouTube tutorials will not be enough for these bars.

BEHIND THE BAR

Nonconventional Bar

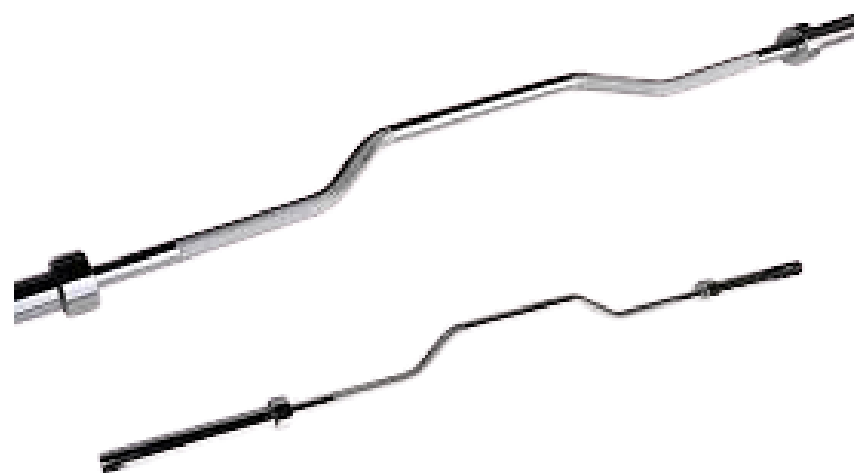


Buffalo Bar

First on the list is the Buffalo Bar. This 50 lb beast, which costs about \$250 per bar, is designed to take isolated press from the back and centralize it on your shoulders and back. With a comfortable tested max of 880lbs this bar is great for squats, good mornings, and lunges

Cambered Squat Bar

Next up on the list is the Cambered Squat Bar. This 85 lb monster barks and bites. The Cambered Squat Bar's design disperses the pressure throughout the entire body. It can, however, be incredibly unstable. The bar forces form and tightness in every lift while emphasizing the hamstrings, back, and core. If you're looking for core strengthening and an explosive workout, this is for you.



Cambered Bench Bar

Up next is the brother to the squat bar, the Cambered Bench Bar. This **\$200**, 45 lb gem has a bow deeper than the Buffalo Bar. It allows for a greater range of motion and reduces stress on the shoulders. Allowing motion to exceed a one-inch range can increase pump and posterior flexion/activation resulting a more explosive push.

Behind The Bar

NON CONVENTIONAL BAR

Bamboo Bar

The Bamboo Bar is a new tool that weighs a staggering 6 lbs. It can hold up to 300 lbs and averages **\$300** per bar. This bar is a wood comprised barbell that has 2 slits on each end to keep bands in place. The design of the bar enhances muscle and core stabilization. Bamboo Bars can be used for many purposes, including strength training, endurance, rehabilitation, preventative maintenance, balance, and flexibility. They can be used with KBs, DBs, and plates that are hooked using bands.



Yoke/Safety Squat Bar

The Yoke/Safety Squat Bar is one of the most versatile of the specialty bars. This bar is designed in such a way that it combines a plethora of movements into one. Although it is built primarily for a back squat, the hand placement resembles a goblet/zercher squat with a splash of front squat activation. This bar is the complete package for every type of training. It is safe and easy since it does not put too much stress on the shoulders, back, or wrists. On average, they cost about **\$400**. With both long and short options and a comfortable weight of 65 lbs, this is the go-to bar for most lifters.

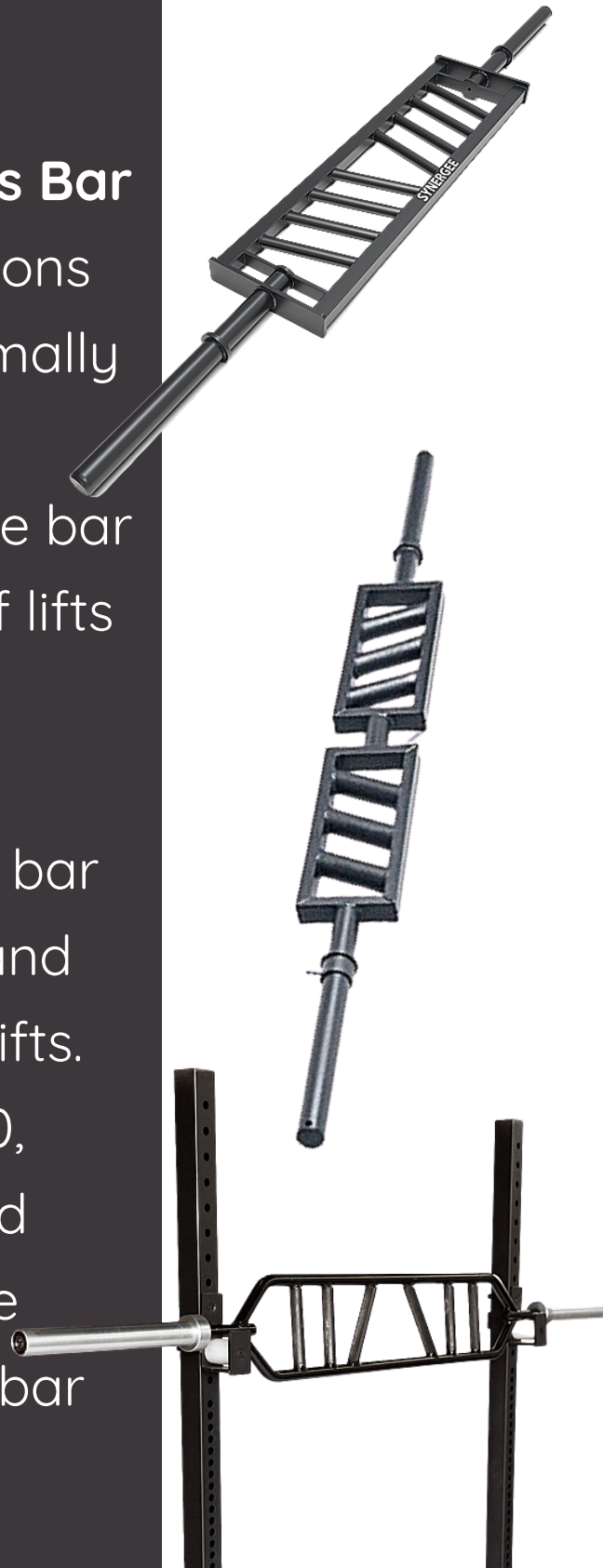


BEHIND THE BAR

NON CONVENTIONAL BAR

Football/Multi-grip Bar aka Swiss Bar

One of the more dynamic bar options is the Football/ Multi-grip Bar, formally known as the Swiss Bar. Its multi-angular hand placement allows the bar to be used in a diverse selection of lifts to help increase upper body performance without the generic motions of a standard bench. This bar helps alleviate pressure on joints and engages the trunk in more of the lifts. Prices can range from \$80 to \$450, and it comes in various shapes and sizes. If you are looking to increase power and dynamic strength, this bar is a must.

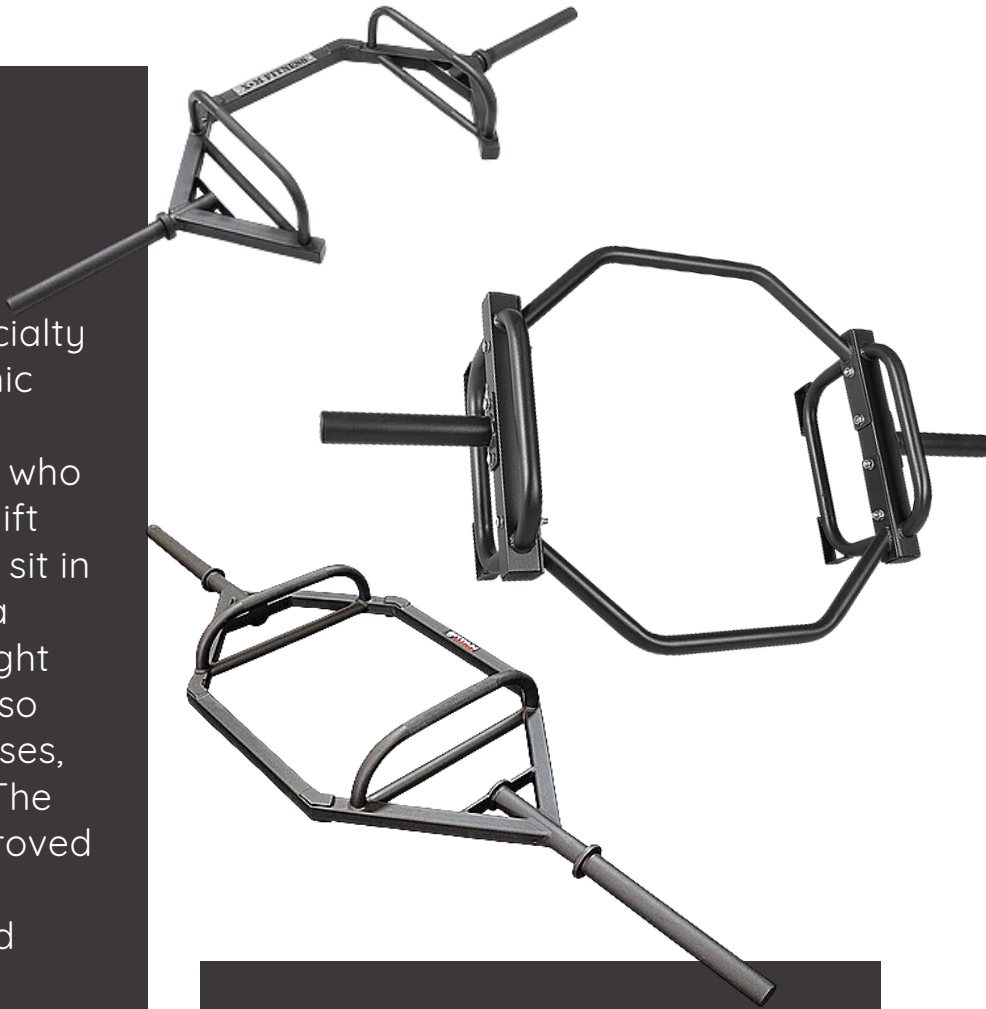


Behind The Bar

NON CONVENTIONAL BAR

Trap Bar

The infamous Trap Bar is a specialty bar that allows for great dynamic lifts. Weighing in at 60 lbs, this love/hate bar is great for lifters who want to complement their deadlift and squat form. Lifters stand or sit in the middle of the bar, allowing a central displacement of the weight for a tri-planar lift. This bar is also great for shrugs, overhead presses, and various other movements. The Trap Bar is a great tool for improved posture, rehabilitation, glutes/hamstring activation, and shoulder and back help. This fantastic tool for dynamic workouts averages about \$300 per bar



Fat Bar

The Fat Bar, also known as Branch and Beam Fat Bar, is a new bar that recently became popular in several strength communities. These bars get their names from their huge diameter. Not every hand can wrap around them, but they are universally useful in increasing grip strength and stability. The idea behind the Fat Bar incorporates logic that is similar to the concept of adding spherical and oblong shaped pull-up attachments in order to engage more complimentary muscles. The Branch Fat Bar weighs around 40 lbs, while the Beam is roughly 41 lbs. Both are great bars for form and stability and can be purchased

