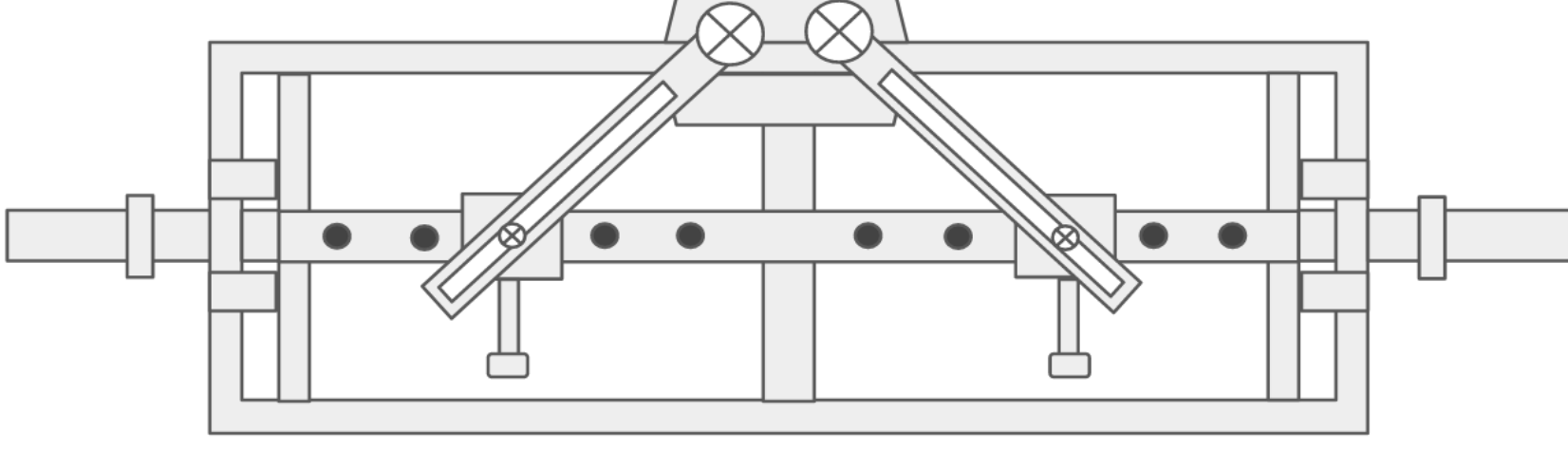
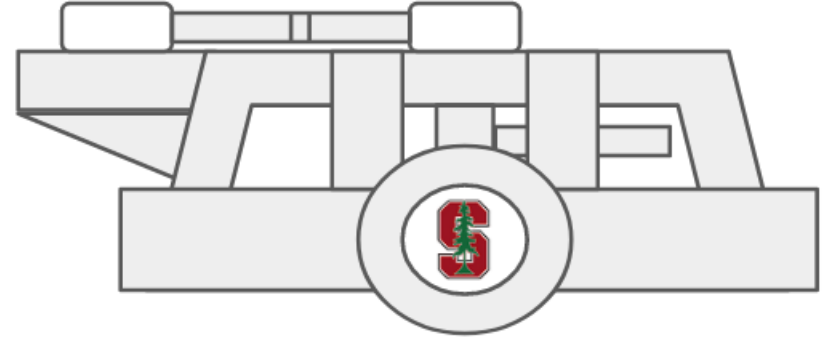


COMPASS BAR



★★★★★ 4.7 107 Reviews

PRODUCT DESCRIPTIONS

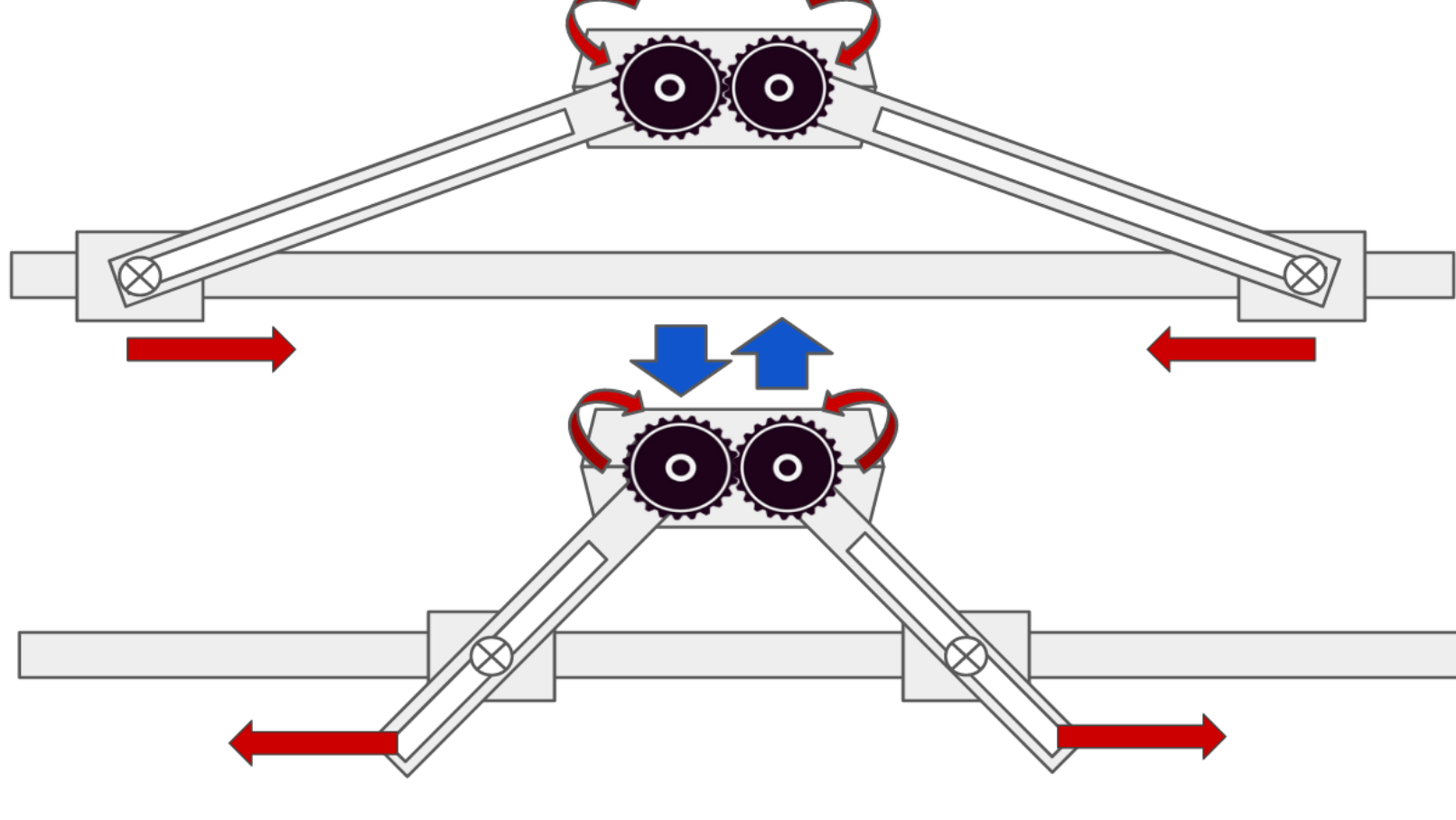
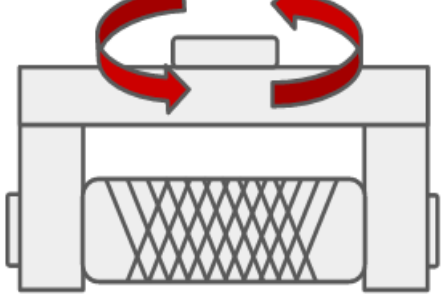


CAMBERED BAR STRUCTURE

The overall cambered structure maintains the center of mass along the line of grip placement like the traditional barbell. Therefore, the barbell does not tip forwards or backwards during any type of pressing movements.

ADJUSTABLE & ROTATABLE GRIP

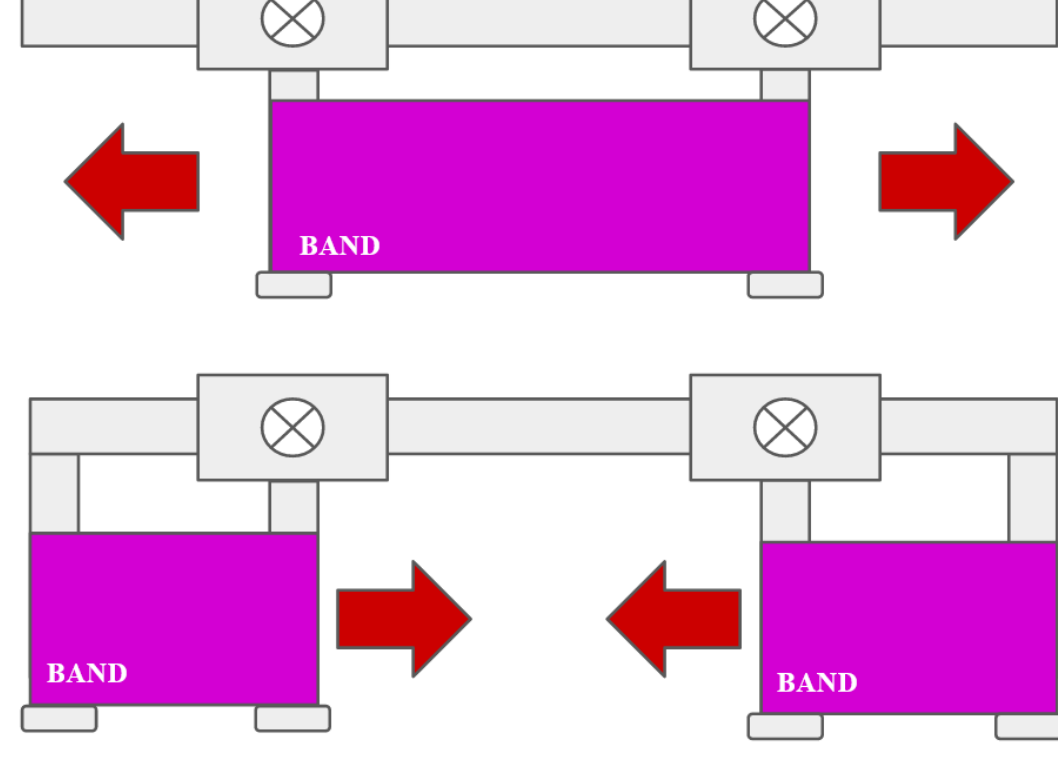
The handles are adjustable and rotatable; pins could be used to lock or limit the angle and the position of the handle. Depending on the comfortability of the user, this feature allows the bar to transform into a highly customizable multi-grip implement.



COMPASS MECHANISM

The hinge mechanism inspired from a modern compass prevents the handle from sliding at different speed and ultimately limits any asymmetric movement. As illustrated in the figure above, two flat rectangular rods with a hollow inner structure draw symmetric arcs as the handle moves from side to side.

Unlike any other barbell, elastic force in the transverse plane could be induced both ways by installing bands between the two handles or the handle and the bar end. Consequently, the user can freely control the level and direction of tension.



The compass barbell is the ultimate specialty bar that allows the user to challenge their posterior stability while eliminating unnecessary mechanical stress on their shoulder. The design of this barbell incorporates rotatable handles that initiate the adduction of the shoulder across the frontal plane. Consequently, this specialty bar better corresponds to our body mechanism compared to the traditional Olympic barbell—whose limiting structure afflicts a significant stress on the rotator cuff and the labrum. Furthermore, this implement enables both rotational and translational movements about the normal plane to the forearm, helping the user actively train isometric-rotational movements critical in activating the posterior stabilizer muscles during compound lifts.

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REVIEWS [WRITE A REVIEW](#)

James Christopher
New York, NY

I am a professional powerlifter competing in the 93 kg open division. Two years before, I tore my right teres major and minor in my 3rd attempt of 240 kg bench press. Unfortunately, despite my earnest effort in the rehabilitation program, I have had a hard time regaining my shoulder stability during any pressing movements; no matter what well-known exercises I tried, my stabilizer muscles simply refused to activate. And after 6-months of stalled recovery, I thought I had no hope as a professional powerlifter.

Then one day, one of my old buddies in the strength equipment industry recommended me a quite peculiar-looking specialty bar. I was very skeptical of its effectiveness since I also tried to train with different multi-grip or freak barbells. However, I decided to give it one last try. First moment, it was not a pleasant experience; the band tension was a little too much then I anticipated, so I had to loosen it after moving the weights a couple times. However, after the adjustment, my shoulder felt much more comfortable—although I still did not feel any of the stabilizer muscles activate. Out of frustration, I pressed and pressed the bar until my triceps and chest muscles were burning. When I could not lift the bar anymore, I finally stopped and stood up from the bench. Then suddenly, I recognized a tingling sensation around the muscles that I thought to already have given up a long time ago. As the adrenaline relieved, I realized—I felt a pump in the back of my shoulder!

Out of excitement, I immediately lied back on the bench and started pressing, focusing more on isometric holds in the bottom and top of the movement. As I moved the bar up and down, I could feel more and more blood flowing through my rotator cuffs. After about 16 reps, I racked the bar and put my left hands on the top of my right shoulder blade. I could feel the tension building up in my stabilizer muscles.

In my last competition, I finally broke the bench press world record in the 93kg open division with 241.5 kg. Without the compass bar, I would have not been able to continue my pathway as a professional powerlifter. Thank you so much for helping me achieve my lifelong goal.

95 people have found this review helpful

Mary Samantha
Odessa, TX

We are family of earnest fitness enthusiasts who own a small garage gym. While looking for other strength equipment to expand our home gym, we came to purchase the compass bar because—to be frank—it was the cheapest option. However, this inevitable decision was one of the best purchases we have ever made!

Foremost, its versatility is amazing. In a compact home gym, spacial freedom is a very important feature. The fact that a few locks of pins could be used to transform the bar into different variations of multi-grip barbell is what makes this bar so unique. Although it is sometimes quite tedious to adjust the grip angle and position for different family members, the bar's extreme customizability makes it all worth it. For instance, while there are usually 3-4 grips in other multi-grip barbells, the compass barbell has 5 adjustable handle positions. Furthermore, since these handles are not welded into the main body unlike any other barbells, our family member could work with grip angles that we are most comfortable with.

The versatility of the compass bar does not stop with its structural configuration. Although the main duty of the bar is the pressing exercises, it can be used on many other exercises ranging from rowing to curling as well. In doing these exercises, this bar helped us pursue our family's fitness journey in a much safer way compared to the traditional barbell which might put stress on the shoulder or elbow joint during certain movements.

Some people have impressions that these kind of specialty bar are only for specialized athletes. However, that is not true at all! Using the compass bar as an accessory implement helped our high school daughter and son who just got into lifting learn proper postures during major compound movements. Incorporating band tension significantly helped them develop muscle-mind connections to increase their shoulder stability.

Speaking of accessory exercises, this bar is not for starting home gym owners who have not yet acquired a basic set of barbell and a rack. Unless one is training upper body only, this bar is obviously unsuitable for lower body exercises such as the squat or deadlift. However, if you already own these set of equipment and are looking to expand your home gym in the most spacial and cost-effective way, you will get the most out of the compass bar.

49 people have found this review helpful

Stanford Athletics
Training Center
Stanford, CA

Depending on the sports, the physical attributes such as body proportionality of each athletes are very different. For instance, some possess relatively long arm and short torso while others might have the polar opposite body type. Consequently, we always had a problem when athletes' body type resulted in an inefficient mechanism during certain exercises. Furthermore, athletes undergo a lot of physical burden during practices and games, and many reported pain especially during strict pressing movements such as the military press. Unfortunately, we had no sufficient alternative implement for them since we could not make the conventional barbell adjust to the athletes but only help them adjust to its structure.

Many non-strength sports athletes do not have the best lifting form in the world. If you go online and watch any college training videos, you will see many athletes bouncing the bar off the chest while their butts are coming off the bench. Proper forms exist to not only protect ourselves from unwanted injuries, but also to maximally translate our force input into the most amount or number of weight that we can lift. In other words, many of the college athletes are not earning the most amount of benefit in the weight room but are instead increasing their chance of injury on their respective fields. And this is the counter opposite of our purpose; we want the athletes to become stronger in the weight room instead of hurting themselves further.

To facilitate our proper form training as well as injury prevention, we decided to bring the compass barbell into our athletic training room last year. We have used them for warm-up, rehabilitation, and in helping the athletes "feel" what it is like to activate certain muscle groups in specific exercises. So far, the shoulder, elbow, and wrist health of the athletes significantly improved in a short period of time. Nowadays, only a handful number of athletes have reported pain in their upper limb joints as the injury rate rapidly decreased. Even the injured ones often avoid extreme cases as many have maintained healthy arm joints.

Shoulder stability is one of the most fundamental problems across many branches of sports. While the compass barbell will not eliminate every shoulder problems of our student athletes, it has significantly impacted the overall athletic performance with a proper training program. For a foreseeable future, we cannot imagine excluding this implement in our training regime.

36 people have found this review helpful