

25.04.2021
Donal McHugh

Guide for using the Kabuki Transformer Bar



The Kabuki Transformer Bar:

This bar allows you to squat with heavy weights with specific squat patterns. It can be useful if you have trouble getting into the proper positions with a regular barbell due to shoulder problems or if you want to vary your training by exposure to unfamiliar counterbalancing requirements. It has an unloaded weight of 25kg.

Setting up the bar:

A. The bar can be used in or on the outside of the rack. For use outside the rack, place the bar in front of the rack as shown on the right. The camber angle should be set to “HINGE” and the sleeves should not be attached yet.



B. Set the rack J-hooks to your height. This will likely be the same height you use for a standard barbell or one notch higher than your low bar setting.



C. Lift the bar onto the J-hooks.

D. Attach the sleeves on both sides by sliding them onto the camber arms from the outside inward. Then twist them 90° to secure the sleeves in place. There are different positions to insert the sleeves (1-4) which would result in a progressively longer moment arm. I would suggest using position 4 as a default and then adjusting the difficulty with the load added as plates.



E. Set the camber angle by placing the pin at the desired setting.

1. Hip Hinge - Ideal for good mornings
2. Back Squat - Low Bar
3. Back Squat - High Bar
4. SSB - traditional safety squat bar setting
5. Front Squat – front loaded similar to a front squat
6. Goblet Squat - Similar to a kettlebell goblet squat



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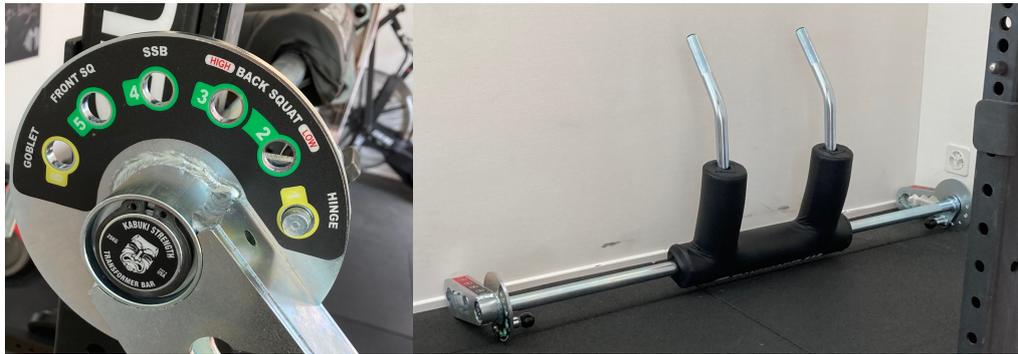
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F. Add weight to the sleeves, secure with collars and train.

G. If you want to use a different camber angle, remove all the weight from the sleeves before adjusting the pin.

H. Once you have finished training, remove all the plates, then the sleeves and adjust the camber angle to "HINGE". Place the Bar back into the corner of the gym.



If you have any questions don't hesitate to ask Donal.