

# Eleiko Weightlifting Technique Set

20 kg

Big lifts come from solid foundations and foundations are built on great technique. If you are serious about starting weightlifting, or further developing your lifting, then the Eleiko Technique Set is a great place to start. The set includes one 5 kg Eleiko Weightlifting Technique Bar, two 2,5 kg Eleiko Weightlifting Technique Plates, two 5 kg Eleiko Weightlifting Technique Plates and one pair of Öppen Barbell Collars.

## Features

### Designed For

Developing and practising technique

### Conveniently Collected

Technique basics packaged for convenience

### Consists Of

Technique Bar, Technique Plates and a pair of Öppen Barbell Collars

## Specifications

### Article code

BD-1-518

### Weight

20 kg / 44.09 lbs

