

Eleiko IWF Weightlifting Training Bar

20 kg, men

Certified by the International Weightlifting Federation (IWF) this bar is designed specifically for training for competitive Olympic weightlifting and used by professional lifters in training halls and facilities around the world. The training bar delivers the feel and performance of our competition bar but with less sharp knurling making the bar appropriate for a higher volume of lifting. Crafted in Sweden, the bar's high performance is the result of precision needle bearings that disperse the load evenly through the shaft to deliver uniform rotation at all loads. Proprietary steel and chrome coating provides the optimal balance between strength and elasticity to deliver the ultimate lifting experience.

Features

Designed for
Training for competitive weightlifting

Perfected Rotation
Engineered for smooth controlled rotation under load

Knurling
Balanced grip to ensure a secure hold on the bar

Certified
Bar is certified by the IWF for training

Grip Markings
Bar features markings for weightlifting

Specifications

Unit of measurement
Sold individually

Article code
3002551

Length
2200 mm / 86.61 in.

Weight
20 kg / 44.09 lbs

Warranty
12 years

Certification
IWF

Grip surface
Chrome

Sleeve surface
Chrome

Sleeve diameter
50 mm / 1.97 in.

Loadable sleeve length
415 mm / 16.34 in.

Flange width
30 mm / 1.18 in.

Bearings and bushings
Needle bearings

Grip markings
Weightlifting

Knurling
1.2 Training

Dustproof seal
Yes

Sensor-ready
No

RAISE THE BAR

ELEIKO