

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

Certified

Bar is certified by the IWF for training

Perfected Rotation

Engineered for smooth controlled rotation under load

Grip Markings

Bar features markings for weightlifting

Knurling

Balanced grip to ensure a secure hold on the bar

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