

# 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 Marking

Weightlifting

### Knurling

1.2 - Training

### Dustproof Seal

Yes

### Sensor ready sleeves

No

