

# 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

### Warranty

12 years

### Sleeve Diameter

50 mm / 1.97 in.

### Grip Markings

Weightlifting

### Article code

3002551

### Certification

IWF

### Loadable Sleeve Length

415 mm / 16.34 in.

### Knurling

1.2 - Training

### Length

2200 mm / 86.61 in.

### Grip Surface

Chrome

### Flange Width

30 mm / 1.18 in.

### Dustproof Seal

Yes

### Weight

20 kg / 44.09 lbs

### Sleeve Surface

Chrome

### Bearings and Bushings

Needle bearings

### Sensor ready sleeves

No

