

Eleiko IWF Weightlifting Training Bar

15 kg, women

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

Grip markings

Weightlifting

Dustproof seal

Yes

Article code

3060763

Certification

IWF

Flange width

30 mm / 1.18 in.

Sleeve diameter

50 mm / 1.97 in.

Length

2010 mm / 79.13 in.

Grip surface

Chrome

Sleeve surface

Chrome

Loadable sleeve length

320 mm / 12.6 in.

Weight

15 kg / 33.07 lbs

Bearings and bushings

Needle bearings

Knurling

1.2 Training

Sensor-ready

No