



# Eleiko Curl Bar

50 mm, 12 kg

While we champion functional training, we know muscle isolation and targeted training has an important role in a training program as well and bring our legendary commitment to quality, performance and durability to the Eleiko Curl Bar. Comfortable grip and hand positioning along with quality components that deliver optimal rotation ensure a safe and comfortable user experience. The angled shape of the bar supports a variety of hand positions for triceps and bicep training. The mildly grooved sleeve prevents weights from slipping.

## Features

### Designed For

Developing strength in the biceps and triceps

### Comfortable Curved Grip

Variety of hand positions for tricep and bicep training

### Grooved Sleeves

Mildly grooved sleeves prevent weights from slipping.

### Knurling

Balanced grip to ensure a secure hold on the bar

### Smooth Performance

Four high quality needle bearings ensure smooth rotation

## Specifications

**Unit of measurement**  
Sold individually

**Article code**  
3061174

**Length**  
1316 mm / 51.81 in.

**Weight**  
12 kg / 26.46 lbs

**Warranty**  
12 years

**Certification**  
None

**Grip Surface**  
Chrome

**Sleeve Surface**  
Chrome

**Bearings and Bushings**  
Needle bearings

**Grip Marking**  
None

**Knurling**  
1.2 - Balanced

**Max Load**  
500 kg / 1102,31 lbs

**Dustproof Seal**  
No

**Sleeve Diameter**  
50 mm / 1.97 in.

**Loadable Sleeve Length**  
230 mm / 9.06 in.

**Flange Width**  
20 mm / 0.79 in.

**Sensor ready sleeves**  
No

