



# 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

