



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

