

Eleiko Weightlifting Technique Bar

10 kg

Big lifts come from strong foundations, and solid foundations are built on great technique. Built to IWF specifications, the Eleiko Olympic Weightlifting Technique Bar has a low starting weight and less aggressive knurling making it an ideal way to learn, practice and perfect technique. It replicates the feeling of a standard Eleiko bar and enables a smooth transition and appropriate progression to heavier standard weightlifting bar. This bar is a great option for children or adults learning to lift, as well as those looking to drill technique. Working on technique helps ensure lifting form is impeccable so lifters can safely and effectively progress, increase lifts and set new personal bests.

Features

Low Starting Weight
Ideal for beginners, youth and those developing skill.

Grip Markings
Bar features markings for weightlifting

Knurling
Mild for both control and comfort

Back to Basics
Lightweight lifting enables focused technique work and appropriate progression.

Designed for
Developing and practising technique

Specifications

Unit of measurement
Sold individually

Article code
3061176

Length
2200 mm / 86.61 in.

Weight
10 kg / 22.05 lbs

Warranty
2 years

Certification
None

Grip surface
Chrome

Grip markings
Weightlifting

Knurling
1.0 - Mild Knurling

Max load
40 kg / 88,18 lbs

Sleeve surface
Anodised Aluminium

Dustproof seal
No

Loadable sleeve length
415 mm / 16.34 in.

Sleeve diameter
50 mm / 1.97 in.

Bearings and bushings
Polyamide bushings

Flange width
30 mm / 1.18 in.

Sensor-ready
No

RAISE THE BAR

ELEIKO