

Eleiko Weightlifting Technique Bar

5 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

3061177

Length

2200 mm / 86.61 in.

Weight

5 kg / 11.02 lbs

Warranty

2 years

Certification

None

Grip Surface

Anodised Aluminium

Sleeve Surface

Anodised Aluminium

Bearings and Bushings

Polyamide bushings

Grip Markings

Weightlifting

Knurling

1.0 - Mild Knurling

Max Load

20 kg / 44.09 lbs

Dustproof Seal

No

Sleeve Diameter

50 mm / 1.97 in.

Loadable Sleeve Length

415 mm / 16.34 in.

Flange Width

30 mm / 1.18 in.

Sensor-Ready

No