

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

RAISE THE BAR

ELEIKO