

# 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 Marking**  
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 sleeves**  
No

