

Eleiko Powerlifting Technique Bar

10 kg



Develop technique and practice good form to build a solid foundation and prepare for bigger lifts and new personal bests with this Eleiko Powerlifting Technique Bar. Robust bushings and a chromed steel grip replicate the feeling of our standard powerlifting bar facilitating a seamless transition between the two. This bar is great for children and beginners. Sturdy bushings and a moderately aggressive chromed steel grip ideal for skill development establish lifting form with the same feel of our powerlifting bars ensuring a smooth transition from technique to training and beyond. The bar features grip markings for powerlifting.

Features

Designed for

Developing and practising technique

Low Starting Weight

Ideal for beginners, youth and those developing skill.

Back to Basics

Lightweight lifting enables focused technique work and appropriate progression.

Grip Markings

Bar features markings for powerlifting.

Knurling

Balanced for both control and comfort

Specifications

Unit of measurement

Sold individually

Article code

3061178

Length

2200 mm / 86.61 in.

Width

55 mm / 2.17 in.

Height

55 mm / 2.17 in.

Weight

10 kg / 22.05 lbs

Warranty

2 years

Colour

Silver

Bearings and bushings

Polyamide bushings

Certification

None

Loadable sleeve length

415 mm / 16.34 in.

Flange width

30 mm / 1.18 in.

Sleeve diameter

50 mm / 1.97 in.

Grip surface

Chrome

Sleeve surface

Anodised Aluminium

Grip markings

Powerlifting

Knurling

1.0 - Mild Knurling

Max load

40 kg / 88.18 lbs

Dustproof seal

No

Sensor-ready

No