

# 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.

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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