

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

RAISE THE BAR

ELEIKO