



# Eleiko Group Training Bar

7 kg

This bar is lighter in weight, features a 25 mm diameter and shorter in length compared to our standard weightlifting and powerlifting bars. The length is ideal for training in close quarters, while the lower weight makes it ideal for lighter weight, high repetition sessions or technique training. These specifications make the bar a great choice for gym and fitness settings for use in group exercise classes, small group training sessions or studios and any training areas where space is more limited.

## Features

### Designed For

Group strength training and developing technique

### Shorter Length

Ideal for group strength training where space is limited

### Grip Markings

Provide a reference point for suggested hand placement

### Lighter Weight

Ideal for fitness enthusiasts and developing skill

### Knurling

Balanced grip to ensure a secure hold on the bar

## Specifications

### Unit of measurement

Sold individually

### Warranty

2 years

### Sensor ready sleeves

No

### Article code

3061179

### Bar Length Between Sleeves

1180 mm / 46.46 in.

### Knurling

1.0 - Mild Knurling

### Length

1560 mm / 61.42 in.

### Max Load

50 kg / 110,23 lbs

### Weight

7 kg / 15.43 lbs

### Loadable Sleeve Length

180 mm / 7.09 in.