

# Eleiko Performance Weightlifting Bar

20 kg

The Performance Weightlifting Bar is made in Sweden and delivers the performance and quality you can rely on. Designed for explosive Olympic lifting, the steel is strong yet flexible and a great bar for anyone serious about high performance in sports and strength and conditioning. Precision needle bearings, an inner race and dustproof seal ensure weight moves smoothly under load and at high speeds, while the refined knurling provides a grip suited for high-performance training.

## Features

### Grip Markings

Bar features markings for weightlifting

### Optimised Rotation

Engineered for smooth controlled rotation under load

### Dustproof Seal

Keeps dust out and grease in for optimal performance

### Knurling

Mild grip to ensure a secure hold on the bar

### Designed For

High performance strength and conditioning

## Specifications

### Unit of measurement

Sold individually

### Article code

3070100

### Length

2200 mm / 86.61 in.

### Weight

20 kg / 44.09 lbs

### Warranty

12 years

### Certification

None

### Grip Surface

Chrome

### Flange Width

30 mm / 1.18 in.

### Sleeve Surface

Chrome

### Bearings and Bushings

Needle bearings

### Grip Markings

Weightlifting

### Knurling

1.0 - Mild Knurling

### Dustproof Seal

Yes

### Loadable Sleeve Length

415 mm / 16.34 in.

### Sleeve Diameter

50 mm / 1.97 in.

### Sensor ready sleeves

No

