



Eleiko XF Bar

15 kg

If looking for the best multipurpose strength and endurance training bar, the XF bar is the way to go. Designed and engineered to be specifically well suited for functional fitness training, the XF bar combines needle bearings and bronze bushings to ensure optimal spin for fast, explosive Olympic movements without compromising performance in heavy power lifts. The XF bar, ideal for fitness athletes and those training at home, features our least aggressive knurling presenting a balanced grip that gives full control while remaining comfortable for higher volume training sessions.

Features

Designed For

Multipurpose functional strength training

Varied Uses

One bar appropriate for all types of lifts

Knurling

Mild for both control and comfort

Dual Grip Markings

Bar features dual markings for weightlifting and powerlifting

Specifications

Unit of measurement

Sold individually

Article code

3085117

Length

2010 mm / 79.13 in.

Weight

15 kg / 33.07 lbs

Warranty

12 years

Certification

None

Grip Surface

Chrome

Sleeve Surface

Chrome

Bearings and Bushings

Needle bearings and bushings

Grip Markings

Dual

Knurling

1.0 - Mild Knurling

Dustproof Seal

Yes

Sleeve Diameter

50 mm / 1.97 in.

Loadable Sleeve Length

320 mm / 12.6 in.

Flange Width

30 mm / 1.18 in.

Sensor-Ready

No

