

# Eleiko XF Short Bar

15 kg

A compact version of the hybrid XF Bar, the XF Short Bar decreases the shaft and sleeve length and features a more narrow flange to reduce the overall bar length while maintaining functionality and performance. The bar weighs 15 kg and features a 28 mm diameter shaft, our least aggressive knurling, and dual grip markings. The shorter length makes the bar ideal for training where space is a challenge such as training at home or in group fitness settings and performing functional fitness workouts. While the functionality is the same as our standard XF bar, the shorter shaft does mean the bar isn't well suited for snatches for some users. This bar only pairs with the Classic Squat Stand, the Light Squat Stand, and the Classic Seal Row.



## Features

### Designed For

Multipurpose functional strength training

### Dual Grip Markings

Bar features dual markings for weightlifting and powerlifting

### Compatibility

Only compatible with Classic Squat Stand, Light Squat Stand and Classic Seal Row.

### Knurling

Mild for both control and comfort

### Varied Uses

One bar appropriate for different types of lifts

## Specifications

### Unit of measurement

Sold individually

### Warranty

12 years

### Grip Markings

Dual

### Sensor-Ready

No

### Article code

3085336

### Grip Surface

Chrome

### Grip Length

1120 mm / 44.09 in.

### Length

1768 mm / 69.61 in.

### Bearings and Bushings

Needle bearings and bushings

### Loadable Sleeve Length

312 mm / 12.28 in.

### Weight

15 kg / 33.07 lbs

### Dustproof Seal

No

### Knurling

1.0 - Mild Knurling

