



Eleiko XF Weight Set 83kg, women

- ✓ Functional Training Set
- ✓ XF Bars and Bumpers
- ✓ Öppen Collars

Everything you need for multi-purpose hybrid strength training, especially workouts that include high volume lifting. The sets feature Eleiko's XF range of bars and bumper plates along with the black change plates and Öppen Collars, they are ideal for functional fitness in a facility, garage or home gym.

Features

XF Bars

Combine needle bearings and bronze bushings to ensure optimal spin for explosive Olympic movements without compromising performance in heavy powerlifts. It features our least aggressive 1.0 knurling offering control and comfort for higher volume training sessions.

Eleiko Öppen Collars

User-friendly, open-sided collars improve lifting experience

XF Bumpers

Compressed recycled crumb rubber bumpers are soft yet durable providing fantastic sound dampening and shock absorption.

Change Plates

A minimalistic design with raised edges for easier handling and a snug, secure fit that takes less space on the sleeve.

Specifications

Article code
BD-1-522

Weight
83 kg / 182.98 lbs