

Eleiko Wooden Technique Bar

- ✓ 28 mm diameter
- ✓ Made in Sweden
- ✓ Grip markings for consistency
- ✓ FSC certified wood

The Eleiko Wooden Technique Bar raises the bar with improved functionality and design. It is the ideal tool to warm up, work on your mobility, and break down and drill proper form and technique for novice and experienced lifters alike. Grip marks ensure lifters train consistent positioning supporting a more natural progression from warm-up and technique work to lifting. Proper preparation leads to better lifts.

Features

Perfecting Form

Prep your body and practise technique to improve lifts with a 28 mm diameter aligned with weightlifting bar diameter specifications.

Quality construction

Made in Sweden, the wooden technique bar is crafted using locally and sustainably sourced, high-quality FSC-certified wood.

Consistency

Grip marks ensure lifters train consistent positioning.

Increased Mobility

Whether practising the various pulls and extensions or doing pass-throughs, this tool is an important part of any lifting session.

Specifications

Unit of measurement

Sold individually

Article code

3085742

Length

1500 mm / 59.06 in.

Weight

0,85 kg / 1.87 lbs

Warranty

1 year

Diameter

28 mm / 1.1 in.

