

# 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.

### Consistency

Grip marks ensure lifters train consistent positioning.

### Quality Construction

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

### 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.

