Eleiko Öppen Bar

Black

- ✓ **Open, accessible design**
- ✓ **Two handle heights**
- ✓ **Built-in loading jack**
- ✓ **Bar balanced while lifting**

The award-winning patented Eleiko Öppen Bar now comes standard with two handle heights making lifting more adaptable and accessible. The Öppen Bar — an open trap bar — is designed for lifting ease, delivering a wide range of lifting and training possibilities from deadlifts to rows, presses, lunges and more. The integrated rubber-footed loading jack allows you to load and unload plates without lifting the bar, while also keeping the bar balanced while lifting.

Features

Accessible Lifting
The open design, neutral handle position, two handle heights with grip markings make deadlifting less technique intensive, easier to perform and accessible to more lifters.

Quality construction
Made in our Halmstad, Sweden facility, the bar is crafted with quality materials and built for long-lasting performance.

Chromed Sleeves
Durable 320 mm chromed sleeves strike the right balance between loading capacity and space efficiency, and the 50 mm diameter is compatible with all standard weight plates.

Rack and Platform Compatible
Designed to work with racks and platforms, the bar is rackable and the width ensures plates stay in the platform drop zone. Can be used in racks with the following dimensions: inner distance between uprights 1045mm / 41,14 in. and outer distance 1280mm / 50,40 in.

Training Possibilities
The open design supports a variety of exercises including lunges, carries, rows and more.

Specifications

Unit of measurement
Sold individually

Article code
3085748-03

Length
1959 mm / 77.13 in.

Width
589 mm / 23.19 in.

Height
226 mm / 8.9 in.

Weight
25 kg / 55.12 lbs

Warranty
5 years

Knurling
1.0 - Mild Knurling

Max training weight
500 kg / 1102,31 lbs

Loadable sleeve length
320 mm / 12.6 in.

Distance between handles (horizontal)
625 mm / 24.61 in.

Distance between handles (vertical)
98 mm / 3.86 in.

Sensor-ready
No

Handle diameter
28 mm / 1.1 in.

Tubing diameter
60 mm / 2.36 in.

RAISE THE BAR

ELEIKO