

Eleiko IWF Weightlifting Competition Bar

20 kg, men

- ✓ IWF Certified
- ✓ 1.2 Competition Knurling
- ✓ Center Knurl
- ✓ Sensor-Ready

The barbell trusted at weightlifting's highest levels. Built in Sweden to exceed exacting IWF standards with clean Eleiko Steel for the strength and flex Olympic lifting demands. Our Optimal Rotation System™ is smooth and responsive at any load. 1.2 Competition knurling secures your grip on record-setting lifts. Gold-coloured elements mark this as competition-certified equipment recognised on the world's biggest stages.



Features

IWF-Certified for Competition

One of only two IWF Official Suppliers, Eleiko equipment is approved for the Olympic Games and World Championships, trusted by elite training centers worldwide.

Precision Grip

1.2 Competition knurling provides absolute grip security. Precise shaft geometry and ultra-thin DN3 Chrome™ protective coating ensure even knurling that stays sharp through years of use.

Sensor-Ready Design

Quick-access end cap integrates with Eleiko velocity sensors, enabling real-time performance feedback while maintaining full IWF compliance.

Precision Engineering

Eleiko Steel™ shaft with IT6 tolerance ensures perfect straightness and concentricity. Exceeds IWF weight standards with precise +0.1% / -0.05% tolerances.

Engineered for Longevity

Fatigue-resistant sleeve design with sealed construction — including a dustproof seal and Dual Lock system — protects against wear, moisture, and debris. Built for millions of drops. Backed by a lifetime warranty.

Specifications

Unit of measurement
Sold individually

Article code
3085893

Length
2200 mm / 86.61 in.

Weight
20 kg / 44.09 lbs

Warranty
Lifetime

Certification
IWF

Weight Tolerance
+20g, -10g

Grip Diameter
28 mm / 1.1 in.

Grip Markings
Weightlifting

Knurling
1.2 Competition

Center Knurl
Yes

Tensile Strength
236,000 PSI

Surface Coating
DN3 Chrome™

Rotation System
Bearing Construction

RAISE THE BAR



ELEIKO