

Eleiko IWF Weightlifting Training Bar

20 kg, men

- ✓ **IWF certified**
- ✓ **Sensor-ready**
- ✓ **1.2 training knurling**

This barbell brings competition-caliber performance to the training hall. Crafted in Sweden with clean Eleiko Steel for the strength and flex Olympic weightlifting demands. The Optimal Rotation System™ ensures smooth, controlled rotation under any load. Milder 1.2 Training knurling offers a secure, yet less abrasive, grip for high-volume sessions. Silver-coloured end-caps and ID ring mark this as IWF-certified training equipment.

Features

IWF-Certified for Training

As one of only two IWF Official Suppliers, equipment is approved for training at the highest levels, including the Olympic Games and World Championships, and designed for elite training environments and Olympic training centers.

Precision Engineering

Eleiko Steel shaft built to IT6 tolerance ensures perfect straightness and concentricity. Exceeds IWF weight standards with +0.1% / –0.05% calibration.

Precision Grip

1.2 Training knurling balances grip and comfort for higher-volume training. Ultra-thin DN3 Chrome™ protective finish preserves knurling sharpness over time.

Engineered for Longevity

Fatigue-resistant sleeve design, Dual Lock system, and dustproof seal protect against moisture, chalk, and wear. Built for millions of drops and backed by a lifetime warranty.

Sensor-Ready

Quick-access end cap integrates seamlessly with Eleiko velocity sensors — enabling real-time performance feedback while preserving calibration and compliance.

Specifications

Unit of measurement
Sold individually

Article code
3085912

Length
2200 mm / 86.61 in.

Weight
20 kg / 44.09 lbs

Warranty
Limited Lifetime

Certification
IWF

Weight tolerance
+20g, -10g

Grip diameter
28 mm / 1.1 in.

Grip markings
Weightlifting

Knurling
1.2 Training

Center knurl
Yes

Tensile strength
236,000 PSI

Surface coating
DN3 Chrome™

Rotation system
Bearing Construction

Sensor-ready
Yes

RAISE THE BAR

ELEIKO