



Eleiko IPF Powerlifting Training Bar

20 kg

- ✓ IPF Certified
- ✓ Stainless Steel
- ✓ Sensor-Ready
- ✓ 29 mm Diameter
- ✓ 1.5 Power Knurling

Built to competition specs for serious powerlifting training. Crafted in Sweden with German stainless steel for corrosion-resistant durability. 1.5 Power knurling on untreated steel secures your grip under max load. Self-lubricating bronze bushings ensure stable, controlled rotation. An 18 mm flange supports shaft rigidity and adds clearance for smoother racking. Silver-coloured elements identify this as IPF-certified training equipment.

Features

IPF-Certified for Training

Built to IPF competition specs and approved for training — ideal for powerlifting facilities preparing lifters for competition.

Narrow Flange Profile

18 mm flanges increase plate capacity and rack clearance, while positioning weights closer to your center, reducing whip and improving control under heavy loads.

Engineered for Longevity

Fatigue-resistant sleeve construction, Dual Lock system, and dustproof seal protect components from wear, moisture, and debris. Backed by Eleiko's lifetime warranty.

Maximum Stability

29mm diameter stainless steel shaft maintains stiffness under heavy load. 1.5 Power knurling ensures a locked-in grip during max effort lifts.

Sensor-Ready

Quick-access end cap integrates seamlessly with Eleiko velocity sensors — delivering real-time feedback to optimise load, speed, and technique while maintaining bar calibration.

Specifications

Unit of measurement	Article code	Length	Weight
Sold individually	3085914	2200 mm / 86.61 in.	20 kg / 44.09 lbs
Warranty	Certification	Weight Tolerance	Grip Diameter
Limited Lifetime	IPF	+20g, -10g	29 mm / 1.14 in.
Shaft Coating	Grip Markings	Knurling	Center Knurl
Stainless	Powerlifting	1.5 Power	Yes
Sleeve Coating	Tensile Strength	Rotation System	Sensor-Ready
DN3 Chrome™	190,000 PSI	Bushing Construction	Yes

