



# 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

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

