

# 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**  
Sold individually

**Article code**  
3085914

**Length**  
2200 mm / 86.61 in.

**Weight**  
20 kg / 44.09 lbs

**Warranty**  
Limited Lifetime

**Certification**  
IPF

**Weight Tolerance**  
+20g, -10g

**Grip Diameter**  
29 mm / 1.14 in.

**Shaft Coating**  
Stainless

**Grip Markings**  
Powerlifting

**Knurling**  
1.5 Power

**Center Knurl**  
Yes

**Sleeve Coating**  
DN3 Chrome™

**Tensile Strength**  
190,000 PSI

**Rotation System**  
Bushing Construction

**Sensor-Ready**  
Yes

RAISE THE BAR



**ELEIKO**