

Eleiko Technique Bar

10 kg

- ✓ **Dual grip markings**
- ✓ **Olympic length grip**
- ✓ **Lightweight aluminum sleeves**
- ✓ **65 kg max load**

A lightweight, full-dimensioned bar designed for technique work across lifting disciplines. Features dual grip markings, mild knurling, and needle bearings for smooth, controlled rotation. Updated with Eleiko Steel™ shaft and DN3 Chrome™ protective finish. The 65 kg load capacity is perfect for beginner lifters and skill refinement. Distinctive black end caps and ID ring ensure easy bar recognition in any storage position.

Features

Olympic Dimensions
Standard 1310 mm bar length between the flanges and 50 mm diameter, 295 mm loadable length sleeves for full-size plates.

Precision Engineering
Proprietary Eleiko Steel shaft with IT6 tolerance provides perfect straightness and concentricity for even, precise knurling application and a quieter, more solid, and connected lifting experience. ±100g weight tolerance.

Dual Grip Markings
Weightlifting and Powerlifting grip markings support technique and training work in both disciplines.

Secure Grip
1.0 Standard volcano-style knurling and center knurl support high-rep training and safer squatting without compromising comfort.

Engineered for Longevity
The fatigue-resistant sleeve design and sealed construction, including a dustproof seal and Dual Lock system, protect internal components from dirt, moisture, and wear. Backed by a lifetime warranty.

Specifications

Unit of measurement
Sold individually

Article code
3085915

Length
1930 mm / 75.98 in.

Weight
10 kg / 22.05 lbs

Warranty
Limited Lifetime

Certification
N/A

Weight tolerance
±100 g

Grip diameter
25 mm / 0.98 in.

Shaft coating
DN3 Chrome™

Grip markings
Dual

Knurling
1.0 Standard

Center knurl
Yes

Sleeve coating
Anodised Aluminium

Tensile strength
236,000 PSI

Rotation system
Bearing Construction

Sensor-ready
No

RAISE THE BAR

ELEIKO