



Eleiko Curl Bar

50 mm, 12 kg

- ✓ Made in Sweden
- ✓ Curved grip, extended knurling
- ✓ Needle bearings
- ✓ Eleiko DN3 Chrome™

A curl bar built for focused arm training. Made in Sweden with the precision and durability that define Eleiko barbells. Extended knurling increases usable grip area for more hand positions and better control. The curved profile supports natural wrist alignment, while precision needle bearings deliver smooth, consistent rotation through every rep. Eleiko DN3 chrome and updated end cap and ID ring design tie this bar to the latest Eleiko barbells.

Features

Curved grip

Curved shaft supports natural wrist alignment, reducing strain compared to straight bars while enabling more varied grip positions for arm training.

Smooth rotation

Four needle bearings provide responsive sleeve spin through every rep.

Grooved sleeves

Standard 50 mm sleeves with recessed grooves keep plates stable and secure.

Extended knurl

Knurling from centre to sleeves allows more hand positions and better control. 1.2 knurling ensures a firm, comfortable grip.

Eleiko DN3 Chrome™

Durable chrome coating protects the shaft and sleeves for lasting performance.

Specifications

Unit of measurement
Sold individually

Article code
3085980

Length
1316 mm / 51.81 in.

Weight
12 kg / 26.46 lbs

Warranty
Limited Lifetime

Certification
N/A

Grip surface
DN3 Chrome™

Sleeve surface
DN3 Chrome™

Bearings and bushings
Needle bearings

Grip markings
None

Knurling
1.2 Training

Max load
175 kg / 385.81 lbs

Sleeve diameter
50 mm / 1.97 in.

Loadable sleeve length
230 mm / 9.06 in.

Flange width
20 mm / 0.79 in.

Sensor-ready
No

RAISE THE BAR



ELEIKO