



Eleiko Öppen Bar

Black

- ✓ Open design
- ✓ Dual handles
- ✓ Built-in jack
- ✓ Versatile lifting

The patented Eleiko Öppen Bar redefines what a trap bar can do. An open-frame design expands movement possibilities — deadlift, lunge, carry, press — while keeping lifts balanced and controlled. Dual handle heights adapt to the athlete's pulling position and lift. Built-in rubber-footed loading jack makes plate changes quick and efficient. Available with longer sleeves and custom handle options to suit the way each facility trains.

Features

Open frame design

Patented design allows natural movement and a wider range of exercises.

Integrated jack

Rubber-footed loading jack lifts sleeves for fast and stable plate changes.

Balanced lifting

Counterbalanced feet keep the bar stable during loading and lifts.

Dual handles

Two handle heights adjust pulling position to the movement and the lifter.

Robust construction

Reinforced frame-to-sleeve design improves durability and longevity.

Specifications

Unit of measurement Sold individually	Article code 3085984-03	Length 1959 mm / 77.13 in.	Width 589 mm / 23.19 in.
Height 226 mm / 8.9 in.	Weight 25 kg / 55.12 lbs	Warranty 5 years	Knurling 1.0 - Mild Knurling
Max training weight 500 kg / 1102.31 lbs	Loadable sleeve length 320 mm / 12.6 in.	Distance between handles (horizontal) 625 mm / 24.61 in.	Distance between handles (vertical) 98 mm / 3.86 in.
Sensor-ready No	Handle diameter 28 mm / 1.1 in.	Tubing diameter 60 mm / 2.36 in.	