



Eleiko Technique Set

25 kg

Master the fundamentals with precision. Designed to build sound technique and long-term performance, the Eleiko Technique Set helps lifters develop skill and confidence across weightlifting, powerlifting, and general strength training. It includes a 10 kg Eleiko Technique Bar, 2.5 kg Technique Plates, 5 kg Technique Plates, and Öppen Barbell Collars — everything you need for focused technical training.

Features

Designed For

Developing and practising technique

Conveniently Collected

Technique basics packaged for convenience

Consists Of

Technique Bar, Technique Plates and a pair of Öppen Barbell Collars

Specifications

Article code

BD-1-519

Weight

25 kg / 55.12 lbs

