



Eleiko Group Training Bar

7 kg

This bar is lighter in weight, features a 25 mm diameter and shorter in length compared to our standard weightlifting and powerlifting bars. The length is ideal for training in close quarters, while the lower weight makes it ideal for lighter weight, high repetition sessions or technique training. These specifications make the bar a great choice for gym and fitness settings for use in group exercise classes, small group training sessions or studios and any training areas where space is more limited.

Features

Designed For

Group strength training and developing technique

Shorter Length

Ideal for group strength training where space is limited

Grip Markings

Provide a reference point for suggested hand placement

Lighter Weight

Ideal for fitness enthusiasts and developing skill

Knurling

Balanced grip to ensure a secure hold on the bar

Specifications

Unit of measurement

Sold individually

Warranty

2 years

Sensor ready sleeves

No

Article code

3061179

Bar Length Between Sleeves

1180 mm / 46.46 in.

Knurling

1.0 - Mild Knurling

Length

1560 mm / 61.42 in.

Max Load

50 kg / 110,23 lbs

Weight

7 kg / 15.43 lbs

Loadable Sleeve Length

180 mm / 7.09 in.