



Eleiko XF Bar

20 kg

If looking for the best multipurpose strength and endurance training bar, the XF bar is the way to go. Designed and engineered to be specifically well suited for functional fitness training, the XF bar combines needle bearings and bronze bushings to ensure optimal spin for fast, explosive Olympic movements without compromising performance in heavy power lifts. The XF bar, ideal for fitness athletes and those training at home, features our least aggressive knurling presenting a balanced grip that gives full control while remaining comfortable for higher volume training sessions.

Features

Designed For

Multipurpose functional strength training

Grip Markings

Bar features dual markings for weightlifting and powerlifting

Knurling

Mild for both control and comfort

Varied Uses

One bar appropriate for all types of lifts

Specifications

Unit of measurement
Sold individually

Article code
3085116

Length
2200 mm / 86.61 in.

Weight
20 kg / 44.09 lbs

Warranty
12 years

Colour
Silver

Certification
None

Grip Surface
Chrome

Sleeve Surface
Chrome

Bearings and Bushings
Needle bearings and bushings

Grip Marking
Hybrid

Knurling
1.0 - Mild Knurling

Dustproof Seal
Yes

Sleeve Diameter
50 mm / 1.97 in.

Flange Width
30 mm / 1.18 in.

Sensor ready sleeves
No

