



# 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

