

# Eleiko Bar Sensor Kit

- √ Barbell Sensor Kit
- √ Velocity Based Training Data
- √ Seamless Sleeve Integration

Eleiko, together with our partner Enode, created the Bar Sensor Kit for use with the sensor-compatible bars in the Eleiko barbell portfolio (Eleiko IPF Powerlifting Training Bar and Eleiko WPPO Competition Bar). A first-of-its-kind, sensors are integrated into each of the bar sleeves to give athletes accurate quantitative and qualitative analysis — without the distraction of external measuring devices — that offers a new perspective on strength training, helping to ensure maximum performance without overtraining. Any WPPO bar stamped with a serial number date after 200921 is sensor compatible.

#### **Features**

### **Inventive Design**

Bars retain precise calibration with or without sensors installed, so you can train as you compete.

#### **Versatile Tool**

Use the sensors in home, commercial or athletic training settings.

## **Readiness and Execution Evaluation**

Get suggestions on loads, readiness and detailed lift execution analysis with synchronized barbell trajectory, velocity graphs, and lift video.

## Powered by Enode

Download the Enode app and connect sensors for detailed lift analysis.

# **Detailed Lift Analysis**

Sensors track 16 metrics; you can tailor app dashboards to your analysis needs.

# **Specifications**

Unit of measurement Sold individually

Article code 3085286

**Length** 210 mm / 8.27 in.

Width 175 mm / 6.89 in.

**Height** 74 mm / 2.91 in.

**Weight** 0,7 kg / 1.54 lbs



