

Get to know your new Eleiko Barbell

Experience the Eleiko Feeling

Eleiko products are designed for sustainable, long-lasting performance, using the finest materials, precision-engineered components, and advanced manufacturing practices to maximise durability. However, a product's lifetime performance depends on proper use, care, and maintenance.

This manual provides essential recommendations to help you maintain your Eleiko bar, ensuring optimal function, longevity, and lifter safety. Adhering to the guidelines in this manual is a requirement for Eleiko product warranty coverage.



For detailed bar information and
education resources scan the
QR code or visit eleiko.com

ELEIKO

RAISE THE BAR

Eleiko Group AB
Klastorpsvägen 18
302 62 Halmstad
Sweden

+46 35 17 70 00
info@eleiko.com

Eleiko Bars

Bar Handling and Care

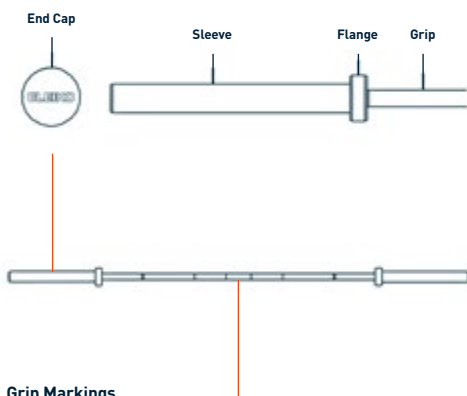
Bars can bend or sustain damage from improper use or excessive force. Improper use includes, but is not limited to:

- Dropping an unloaded bar.
- Dropping a bar on hard, non-absorbing surfaces or objects such as benches, racks, or asphalt.
- Leaving a bar loaded or storing a loaded bar on a rack for extended periods.
- Exposure to moisture due to improper cleaning or harsh environments.

Inspection and Maintenance

Regularly inspect your bar for signs of damage or wear that could affect safety or performance. Ensure sleeves rotate smoothly as designed. Sleeve damage is often caused by improper use or care but may be serviceable if identified early.

Useful Parts to Know



Grip Markings

Front	Production Date	Country of Origin
	ELEIKO 2025.02.06	MADE IN SWEDEN

Back	Serial Number	Certification
	XXXXXX	XXXX APPROVED

Eleiko Group AB
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Product Info

Intended Use

Eleiko bars are designed for weightlifting, powerlifting, and strength training in controlled environments such as gyms, training facilities, and competition settings. They are engineered to withstand dynamic loads when used correctly, including being dropped on appropriate lifting platforms with bumper plates (for weightlifting) or controlled lowering (for powerlifting).

Use bars in a dry, clean indoor environment with a temperature of 18–27°C (63–81°F) and a humidity level of 30–60%.

Storage

Store bars unloaded in either a horizontal or upright position. Proper storage helps preserve bar integrity and performance.

Ensure proper storage conditions:

- Indoor environment that is dry and clean
- Temperature maintained between 18–27°C (63–81°F)
- Humidity levels between 30–60%

Important Notice: These are general guidelines and do not cover every aspect of bar use, storage or maintainance. If you detect damage or are unsure about the bar's condition, contact an Eleiko representative for guidance.

Safety Considerations

- Always prioritise safety and use common sense when training.
- Users must undergo a medical examination and receive proper instruction before using Eleiko equipment.
- Never exceed personal strength limits or the equipment's intended capacity.
- Children under 14 must be supervised by an adult while using the bar.
- Be aware that bars may roll when dropped on the floor.
- Use caution when loading plates to avoid pinching fingers or hands.
- Keep long hair secured to prevent it from getting caught in the bar.
- Knurling can cause abrasions to hands and shins.
- Worn knurling may affect grip, impacting lift performance.

Adhering to these precautions helps ensure a safe and effective training experience.



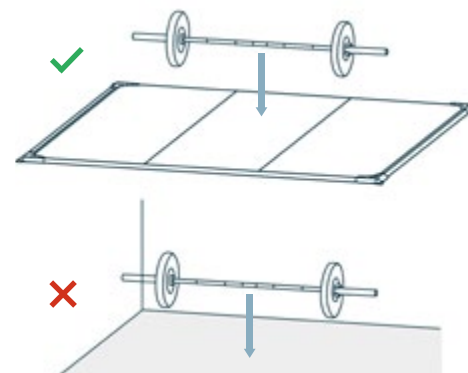
Scan the QR code for more information about Eleiko bars, product warranty information.

Training Guidelines

Use in a designated lifting area of approximately 3 × 2.5 m, with a 0.6 m safety clearance overhead and around the platform. Keep the lifting area clear of any objects to ensure a safe training environment.

Bars must only be dropped when loaded with plates and onto lifting platforms or surfaces designed for weightlifting, such as:

- Eleiko Platforms
- Minimum 30 mm rubber flooring



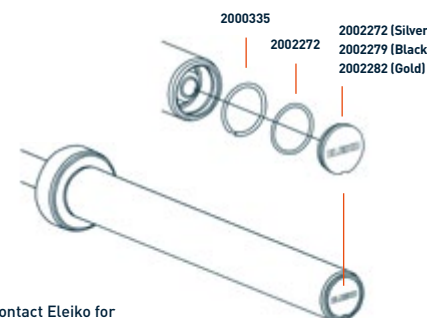
Always use collars on each end of the bar to prevent plate movement during lifts. *Exception:* Do not use collars when bench pressing alone and without safety arms.

When using a bar with other equipment (e.g., benches, squat stands), review the safety instructions and user manual for each piece of equipment before use.

Service

If any guidelines are unclear, contact your Eleiko representative or customer service. Consult an Eleiko technician before attempting repairs, and use only genuine Eleiko components. Do not improvise when assembling, maintaining, or using the bar. When in doubt, reach out to Eleiko to ensure safety and performance.

Spare Parts List



Contact Eleiko for spare parts & service.

Cleaning & Care

1 Place your bar in a horizontal position



Regular cleaning helps maintain bar performance and longevity. Clean bars in a horizontal position.

2 Brush knurling with Eleiko bar brush



After each use, brush the knurling to remove chalk and dirt. For Eleiko IPF Powerlifting Competition Bars only, a steel brush may be used, as these bars do not have a protective coating. For all other bars, use only the nylon brush provided to avoid damage.

3 Spray soap detergent into a lint free cloth



Apply a mild soap detergent to a lint-free cloth. Use alcohol-free, bleach-free, OPP-free, and ammonia-free wipes for disinfecting.

4 Wipe bar, keep moisture from entering sleeves



Do not let bars get wet or allow cleaning fluid to seep into the area where the sleeve and shaft meet. Moisture in the sleeve can affect bar performance and safety.

Lifetime Warranty

At Eleiko, we stand by our craftsmanship and warrant that our products are free from defects in materials and workmanship for the duration of the warranty period. Warranty coverage ends when the product becomes unusable for reasons other than defects in materials, workmanship, or design.

The warranty does not cover damage caused by misuse, negligence, modifications, improper cleaning, maintenance, storage, repair, installation, or handling. Normal wear and tear is expected and not covered. Claims are reviewed case by case to ensure fairness and transparency.

This limited lifetime warranty applies only to the original owner and cannot be transferred. Claims must include proof of purchase. For assistance or to file a claim, reach out to your Eleiko representative — we're here to help.

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