



**DESIGNED FOR**

Developing and practising technique

**CONSISTS OF**

Technique Bar, Technique Plates and a pair of Lock Jaw collars

**CONVENIENTLY COLLECTED**

Technique basics packaged for convenience

# STRONG FOUNDATIONS

## FOCUS ON TECHNIQUE TO ENSURE GOOD FORM

Big lifts come from solid foundations and foundations are built on great technique. If you are serious about starting weightlifting, or further developing your lifting, then the Eleiko Technique Set is a great place to start. The set includes one 5 kg Eleiko Weightlifting Technique Bar, two 2,5 kg Eleiko Weightlifting Technique Plates, two 5 kg Eleiko Weightlifting Technique Plates and one pair of Lock Jaw Pro 2 Collars.

**SET CONSISTS OF:** 1 x Eleiko Weightlifting Technique Bar - 5 kg / 2 x Eleiko Weightlifting Technique Plate - 2,5 kg / 2 x Eleiko Weightlifting Technique Plate - 5 kg / 1 x Lock Jaw Pro 2 Collar - pair

**ARTICLE CODE**

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**WEIGHT**

20 kg / 44.09 lbs