



DESIGNED FOR

Developing strength in the biceps and triceps

KNURLING

Balanced grip to ensure a secure hold on the bar

COMFORTABLE CURVED GRIP

Variety of hand positions for tricep and bicep training

SMOOTH PERFORMANCE

Four high quality needle bearings ensure smooth rotation

GROOVED SLEEVES

Mildly grooved sleeves prevent weights from slipping.

TARGETED TRAINING

COMFORT AND PERFORMANCE FOR BUILDING ARM STRENGTH

While we champion functional training, we know muscle isolation and targeted training has an important role in a training program as well and bring our legendary commitment to quality, performance and durability to the Eleiko Curl Bar. Comfortable grip and hand positioning along with quality components that deliver optimal rotation ensure a safe and comfortable user experience. The angled shape of the bar supports a variety of hand positions for triceps and bicep training. The mildly grooved sleeve prevents weights from slipping.

ARTICLE CODE

3061174

LENGTH

1316 mm / 51.81 in.

WEIGHT

12 kg / 26.46 lbs

WARRANTY

12 years*

CERTIFICATION

None

GRIP SURFACE

Chrome

SLEEVE SURFACE

Chrome

BEARINGS AND BUSHINGS

Needle bearings

GRIP MARKING

None

KNURLING

1.2 - Balanced

MAX LOAD

500 kg / 1102,31 lbs

DUSTPROOF SEAL

No

GRIP DIAMETER

28 mm / 1.1 in.

SLEEVE DIAMETER

50 mm / 1.97 in.

LOADABLE SLEEVE LENGTH

230 mm / 9.06 in.

FLANGE WIDTH

20 mm / 0.79 in.

* To be dropped on 30 mm-thick rubber flooring (training platform recommended by Eleiko). Not to be stored with weights loaded on rack. Indoor use only. Normal wear and tear does not fall under warranty.