



DESIGNED FOR

Multipurpose functional strength training

KNURLING

Mild for both control and comfort

DUAL GRIP MARKINGS

Bar features dual markings for weightlifting and powerlifting

VARIED USES

One bar appropriate for different types of lifts

COMPATIBILITY

Only compatible with Classic Squat Stand, Light Squat Stand and Classic Seal Row.

FOR FUNCTIONAL FITNESS

COMPACT HYBRID BAR IDEAL FOR TIMES WHEN SPACE CAN BE A CHALLENGE

A compact version of the hybrid XF Bar, the XF Short Bar decreases the shaft and sleeve length and features a more narrow flange to reduce the overall bar length while maintaining functionality and performance. The bar weighs 15 kg and features a 28 mm diameter shaft, our least aggressive knurling, and dual grip markings. The shorter length makes the bar ideal for training where space is a challenge such as training at home or in group fitness settings and performing functional fitness workouts. While the functionality is the same as our standard XF bar, the shorter shaft does mean the bar isn't well suited for snatches for some users. This bar only pairs with the Classic Squat Stand, the Light Squat Stand, and the Classic Seal Row.

ARTICLE CODE

3085336

LENGTH

1768 mm / 69.61 in.

WEIGHT

15 kg / 33.07 lbs

WARRANTY

12 years*

GRIP DIAMETER

28 mm / 1.1 in.

GRIP SURFACE

Chrome

BEARINGS AND BUSHINGS

Needle bearings and bushings

DUSTPROOF SEAL

No

GRIP MARKING

Hybrid

MAX LOAD

1500 kg / 3306,93 lbs

GRIP LENGTH

1120 mm / 44.09 in.

LOADABLE SLEEVE LENGTH

312 mm / 12.28 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.