



**DESIGNED FOR**

Multi-purpose strength training at home

**CONSISTS OF**

Group Training Bar, Vulcano Plates and pair of Spring Coil Collars

**CONVENIENTLY COLLECTED**

Strength training essentials - packaged for convenience

**SMOOTH AND COMFORTABLE GRIP**

Plates are easy to grasp for hand-held, functional strength movements

**COMPACT YET EFFECTIVE**

Shorter length, lighter weight - ideal for high rep sessions where space is limited

# UPGRADE YOUR HOME TRAINING

## PACKAGED STRENGTH ESSENTIALS FOR FULL-BODY WORKOUTS

The Eleiko Home Training Set is a convenient package that features everything you need for home training sessions. The package includes an Eleiko Group Training Bar (7 kg) along with 6 of the 5 kg, 4 of the 2,5 kg, and 2 of the 1,25 Vulcano Plates and a pair of Spring Coil Collars. The shorter, more compact bar is suited for training where space is limited, and its lighter weight is optimal for high repetition training. The Eleiko Home Training Set is ideal for versatile, full-body workouts in the comfort and convenience of your home and a good complement to your home training apps and programs.

**SET CONSISTS OF:** 1 x Eleiko Group Training Bar - 7 kg / 6 x Eleiko Vulcano Plate - 5 kg, black / 4 x Eleiko Vulcano Plate - 2.5 kg, black / 2 x Eleiko Vulcano Plate - 1.25 kg, black / 1 x Eleiko Spring Coil Collars - 50 mm - pair

**ARTICLE CODE**

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**WEIGHT**

50 kg / 110.23 lbs

**ELEIKO**

RAISE THE BAR