



DESIGNED FOR

Multipurpose functional strength training

KNURLING

Balanced for both control and comfort

VARIED USES

One bar appropriate for all types of lifts

DUAL GRIP MARKINGS

Bar features dual markings for weightlifting and powerlifting

VARIETY WITHOUT COMPROMISE

ONE BAR, MULTIPURPOSE STRENGTH AND ENDURANCE TRAINING

If looking for the best multipurpose strength and endurance training bar, the XF bar is the way to go. Designed and engineered to be specifically well suited for functional fitness training, the XF bar combines rotating and fixed bearings to ensure optimal spin for fast, explosive Olympic movements without compromising performance in heavy powerlifts. The XF bar, ideal for fitness athletes and those training at home, features our least aggressive knurling presenting a balanced grip that gives full control while remaining comfortable for higher volume training sessions.

ARTICLE CODE

3085117

LENGTH

2010 mm / 79.13 in.

WEIGHT

15 kg / 33.07 lbs

WARRANTY

12 years*

CERTIFICATION

None

GRIP SURFACE

Chrome

SLEEVE SURFACE

Chrome

BEARINGS AND BUSHINGS

Needle bearings and bushings

GRIP MARKING

Hybrid

KNURLING

1.0 - Medium Sharp, High Performance Grip

MAX LOAD

1500 kg / 3306,93 lbs

DUSTPROOF SEAL

Yes

GRIP DIAMETER

25 mm / 0.98 in.

SLEEVE DIAMETER

50 mm / 1.97 in.

LOADABLE SLEEVE LENGTH

320 mm / 12.6 in.

FLANGE WIDTH

30 mm / 1.18 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.