



**DESIGNED FOR**

Deadlifting with a central load and neutral hand position accessible for more lifters

**PRODUCT COMPATIBILITY**

Durable chromed sleeves are compatible with all Eleiko plates, and the bar is appropriate for Eleiko platforms and racks

**SPACE SAVING DESIGN**

Space efficient vertical bar storage allows facilities to optimize training spaces

**USER FRIENDLY**

Open design, loading system and grip markings make this bar approachable, easy to use and appropriate for more lifters

**LOADING AND UNLOADING**

Our unique system allows bumper plates to be loaded without having to lift the bar.

# ÖPPEN POSSIBILITIES

## OPEN THE BENEFITS OF DEADLIFTING TO MORE MEMBERS

Eleiko's patented Öppen Deadlift Bar is designed for lifting ease, delivering a wide range of lifting and training possibilities to more people. In addition to its open design, unique features such as the integrated loading jack which raises the sleeves above the ground for easy loading and unloading of bumpers and plates set this bar apart. The open design and neutral handle position make deadlifting less technique intensive and easier to perform. The bar supports a variety of lunges and carries in addition to deadlifts. The rubber footed loading jack is also an upright storage solution, the bar easily moves between the upright storage and the horizontal lifting position.

**ARTICLE CODE**

3085153-060

**LENGTH**

2150 mm / 84.65 in.

**WIDTH**

589 mm / 23.19 in.

**HEIGHT**

226 mm / 8.9 in.

**WEIGHT**

25 kg / 55.12 lbs

**WARRANTY**

5 years\*

**GRIP DIAMETER**

28 mm / 1.1 in.

**MAX TRAINING WEIGHT**

500 kg / 1102,31 lbs

**LOADABLE SLEEVE LENGTH**

415 mm / 16.34 in.

**DISTANCE BETWEEN HANDLES**

625 mm / 24.61 in.

\* Not to be dropped. Indoor use only. Normal wear and tear does not fall under warranty.