



**DESIGNED FOR**

Multipurpose functional strength training

**KNURLING**

Balanced 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

## 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 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.