



HOME TRAINING ESSENTIALS

VARIED HIGH VOLUME TRAINING NEEDS IN ONE CONVENIENT PACKAGE

The Eleiko XF Short Bar Set is a convenient way to get everything you need for strength training at home in a package and includes our hybrid XF Short Bar with a collection of Sport Training and rubber-coated change plates. In the set, you get an Eleiko XF Shot Bar along with 2 each of 15 kg and 10 kg Sport Training Plates, as well as 2 each of the 5 kg and 2.5 kg rubber coated change plates, and a pair of lock jaw collars.

SET CONSISTS OF: 1 x Eleiko XF Short Bar - 15 kg / 2 x Eleiko Sport Training Plate - 15 kg, coloured / 2 x Eleiko Sport Training Plate - 10 kg, coloured / 2 x Eleiko IWF Weightlifting Comp./Training Plate - 5 kg RC / 2 x Eleiko IWF Weightlifting Comp./Training Plate - 2.5 kg RC / 1 x Lock Jaw Pro 2 Collar - pair

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WEIGHT

80,4 kg / 177.25 lbs

ELEIKO

RAISE THE BAR