



Designed For

Warm up, mobility and drilling technique

Perfecting Form

Prep your body and practise technique to improve lifts

Increased Mobility

Ideal tool for increasing shoulder mobility and range of motion

Strong Foundations

Perfecting Technique Sets the Stage for Big Lifts

The Eleiko Wooden Technique Bar is the ideal way to warm up, work on your mobility, and break down and drill proper form and technique. Whether doing shoulder pass throughs or practising the various pulls and extensions, this tool is an important part of any lifting session. Proper preparation leads to better lifts.

Article code

3002299-01

Length

1800 mm / 70.87 in.

Weight

0,85 kg / 1.87 lbs

Warranty

1 year*