



**Designed For**

Developing strength in the biceps and triceps

**Knurling**

Balanced grip to ensure a secure hold on the bar

**Comfortable Curved Grip**

Variety of hand positions for tricep and bicep training

**Smooth Performance**

Four high quality needle bearings ensure smooth rotation

**Grooved Sleeves**

Mildly grooved sleeves prevent weights from slipping.

# Targeted Training

## Comfort and Performance for Building Arm Strength

While we champion functional training, we know muscle isolation and targeted training has an important role in a training program as well and bring our legendary commitment to quality, performance and durability to the Eleiko Curl Bar. Comfortable grip and hand positioning along with quality components that deliver optimal rotation ensure a safe and comfortable user experience. The angled shape of the bar supports a variety of hand positions for triceps and bicep training. The mildly grooved sleeve prevents weights from slipping.

**Article code**

3061174

**Length**

1316 mm / 51.81 in.

**Weight**

12 kg / 26.46 lbs

**Warranty**

12 years\*

**Certification**

None

**Grip Surface**

Chrome

**Sleeve Surface**

Chrome

**Bearings and Bushings**

Needle bearings

**Grip Marking**

None

**Knurling**

1.2 - Balanced

**Max Load**

500 kg / 1102,31 lbs

**Dustproof Seal**

No

**Sleeve Diameter**

50 mm / 1.97 in.

**Loadable Sleeve Length**

230 mm / 9.06 in.

**Flange Width**

20 mm / 0.79 in.

**Sensor ready sleeves**

No

\* 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.