



**Designed For**

Multipurpose functional strength training

**Knurling**

Mild for both control and comfort

**Grip Markings**

Bar features dual markings for weightlifting and powerlifting

**Varied Uses**

One bar appropriate for all types of lifts

# Variety Without Compromise

## One Bar, Multipurpose Strength and Endurance Training

If looking for the best multipurpose strength and endurance training bar, the XF bar is the way to go. Designed and engineered to be specifically well suited for functional fitness training, the XF bar combines needle bearings and bronze bushings to ensure optimal spin for fast, explosive Olympic movements without compromising performance in heavy power lifts. The XF bar, ideal for fitness athletes and those training at home, features our least aggressive knurling presenting a balanced grip that gives full control while remaining comfortable for higher volume training sessions.

**Article code**

3085116

**Length**

2200 mm / 86.61 in.

**Weight**

20 kg / 44.09 lbs

**Warranty**

12 years\*

**Colour**

Silver

**Certification**

None

**Grip Surface**

Chrome

**Sleeve Surface**

Chrome

**Bearings and Bushings**

Needle bearings and bushings

**Grip Marking**

Hybrid

**Knurling**

1.0 - Mild Knurling

**Max Load**

1500 kg / 3306,93 lbs

**Dustproof Seal**

Yes

**Sleeve Diameter**

50 mm / 1.97 in.

**Flange Width**

30 mm / 1.18 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.