



The open design, neutral handle position, two handle heights with grip markings make deadlifting less technique intensive, easier to perform and accessible to more lifters.

Chromed Sleeves

Durable 320 mm chromed sleeves strike the right balance between loading capacity and space efficiency, and the 50 mm diameter is compatible with all standard weight plates.

Quality Construction

Made in our Halmstad, Sweden facility, the bar is crafted with quality materials and built for long-lasting performance.

Rack and Platform Compatible

Designed to work with racks and platforms, the bar is rackable and the width ensures plates stay in the platform drop zone.

Training Possibilities

The open design supports a variety of exercises

The award-winning patented Eleiko Öppen Bar now comes standard with two handle heights making lifting more adaptable and accessible. The Öppen Bar — an open-sided trap bar — is designed for lifting ease, delivering a wide range of lifting and training possibilities from deadlifts to rows, presses, lunges and more. The integrated rubber-footed loading jack allows you to load and unload plates without lifting the bar, while also keeping the bar balanced while lifting.

Article code

3085748-03

Length

2150 mm / 84.65 in.

Width

589 mm / 23.19 in.

Height

226 mm / 8.9 in.

Weight

25 kg / 55.12 lbs

Warranty

5 years*

Knurling

1.2 - Balanced

Max Training Weight

500 kg / 1102,31 lbs

Loadable Sleeve Length

320 mm / 12.6 in.

Distance between Handles

625 mm / 24.61 in.

Sensor ready sleeves

No

* Indoor use only. Normal wear and tear does not fall under warranty.