

THE WORLD'S MOST FAMOUS BAR



The world's most famous bar made even better - for the ultimate lifting experience.

Eleiko has been a worldwide leader within international weightlifting, powerlifting and strength & conditioning communities. We are uniquely certified by the IWF, IPF and Para-Powerlifting federations. Our products have been delivered to more than 180 countries and are often seen at the world's largest championships and in the most respected strength training facilities. More than 1,000 world records have been set with an Eleiko barbell.

We strive to continuously improve and innovate our products, and we are confident our latest iteration of bars will take your lifting to the next level. Our bars combine our manufacturing and engineering expertise with feedback from top athletes around the world to create the world's finest bars. Made of ultra-clean Swedish steel, Eleiko bars feature a re-engineered dustproof sleeve for greater longevity, refined knurling, and optimized rotation for superior performance at all loads.

ELEIKO COMPETITION BARS

IWF WEIGHTLIFTING COMPETITION BARS



Designed specifically for competitive Olympic weightlifting and certified by the IWF, this bar is everything you love about Eleiko bars with significant improvements. We combined the finest materials, precision needle bearings and extremely tight tolerances, along with 60 years of barbell manufacturing expertise.

WEIGHT: 15 kg / 20 kg
GRIP DIAMETER: 25 mm / 28 mm
COATING: Chromed
BEARINGS: Needle bearings
GRIP MARKING: Weightlifting
KNURLING: 1.2, sharp

IWF WEIGHTLIFTING TRAINING BAR



For anyone serious about and focused primarily on training Olympic lifts, this bar's smooth even rotation, signature knurling and elastic steel will help you to take your lifts to the next level.

WEIGHT: 15 kg / 20 kg
GRIP DIAMETER: 25 mm / 28 mm
COATING: Chromed
BEARINGS: Needle bearings
GRIP MARKING: Weightlifting
KNURLING: 1.2, sharp

IPF POWERLIFTING COMPETITION BAR



The Eleiko Powerlifting Competition bar combines the finest materials including our propriety ultra-strong Swedish steel and robust bronze bushings with details such as an aggressive uncoated grip to create an exceptional powerlifting bar engineered to withstand 1500 kg and stand up to the tough demands of the strongest athletes.

WEIGHT: 20 kg
GRIP DIAMETER: 29 mm
GRIP SURFACE: Untreated
BEARINGS: Bushings
SEALING: Dustproof
GRIP MARKING: Powerlifting
KNURLING: 1.5, very sharp



ELEIKO PERFORMANCE BARS



PERFORMANCE WEIGHTLIFTING BAR

Precision needle bearings minimize friction so weight moves smoothly under load and at high speeds, while the refined knurling provides a grip ideally suited for high-performance training. WEIGHT: 15 kg / 20 kg
 GRIP DIAMETER: 25 mm / 28 mm
 COATING: Chromed
 BEARINGS: Needle bearings
 SEALING: Dustproof
 GRIP MARKING: Weightlifting

1.0, medium sharp

• KNURLING:

PERFORMANCE POWERLIFTING BAR



This bar features our recent updates including refined knurling and re-engineered dustproof seal. The bar is engineered to withstand 1500 kg lifts, and can handle all the squats, presses and deadlifts you throw its way.

WEIGHT: 20 kg
GRIP DIAMETER: 29 mm
GRIP SURFACE: Galvanized
BEARINGS: Bushings
SEALING: Dustproof
GRIP MARKING: Powerlifting
KNURLING: 1.5, very sharp

ELEIKO RACK BAR



Designed for the unique requirements of fitness facility free weight areas where bars are regularly used with benches and racks by a variety of lifters and see heavy use. The knurling is milder, appropriate for a wider audience and strategically eliminated where the bar meets the racks and j-cups protecting equipment from damage.

GRIP DIAMETER: 29 mm
 COATING: Chromed
 BEARINGS: Bushings
 SEALING: Dustproof
 GRIP MARKING: Weightlifting

ELEIKO SPECIALTY BARS



ÖPPEN DEADLIFT BAR

Our patent pending Öppen Deadlift Bar is designed for lifting ease with an integrated loading jack and supports a variety of lunges and carries in addition to deadlifts.

• **WEIGHT:** 25 kg / 55.12 lbs

• GRIP DIAMETER: 28 mm • GRIP MARKING: Show o

• **GRIP MARKING:** Show optimal position • **MAX WEIGHT:** 500 kg / 1102,31 lbs



ELEIKO DISCS





OLYMPIC WEIGHTLIFTING TRAINING DISCS, LBS

WEIGHT: 25, 35, 45, 55 LBS

Meticulously constructed and designed to perform well and withstand years of hard training. Discs deliver the feel and performance of our competition discs without the tight competition calibration. • **WEIGHT:** Range 25-55 lbs Range 10-25 kg

• DIAMETER: 450 mm • HOLE DIAMETER: 50 mm

Available in pounds or kilos, the pound version is shown.

ELEIKO SPORT TRAINING DISCS - COLORED, LBS WEIGHT: 25, 35, 45, 55 LBS

Durable, versatile and ideal for general strength training. The discs are manufactured with a robust colored rubber which is damage and deformation resistant and feature an inset vulcanized hub so discs stay in great shape and perform well for years to come. Available in pounds or kilos, the pound version is shown.

• **WEIGHT:** Range 25-55 lbs Range 10-25 kg

• DIAMETER: 450 mm • HOLE DIAMETER: 50 mm

CUSTOM PERFORMANCE TRAINING DISCS

WEIGHT: 25, 35, 45, 55 LBS

Durable, versatile and ideal for general strength training we can create custom training discs to highlight your brand and further differentiate your facility.

• WEIGHT: Range 25-55 lbs • DIAMETER: 450 mm

• HOLE DIAMETER: 50 mm







ELEIKO DUMBBELLS



ELEIKO EVO DUMBBELLS - FIXED & ROTATING

Inspired by our legacy in lifting, we use Eleiko barbell steel, apply our knurling expertise and offer both rotating and fixed handle options to deliver our signature Eleiko Feeling and provide a great experience for the lifters and peace of mind for the operator. Evo is available in both pounds and kilos. Rotation starts at 12.5 lb/5 kg up.

INCREMENTS:

KG: 1 kg/1-10, 2 kg/12-60 LBS: 2.5/2.5-30, 5 lbs/ 30-150

GRIP DIAMETER:

Rotating:

38 mm/42 mm for 32 kg (70 lbs) and up Fixed:

WEIGHT: 2.5-150 lbs/1 kg-60 kg

30 mm / 32 mm for 32 kg (70 lbs) and up

ELEIKO DUMBBELLS & KETTLEBELLS



ELEIKO TRAINING KETTLEBELLS

A durable, well-balanced high-grade cast iron kettlebell with a wide flat base for stability. Kettlebell size and diameter varies depending on the weight. The kettlebells are double molded with a texture across the entire surface that holds chalk well and ensures a good grip.

WEIGHT: 4-56 KG

Regardless of the kettlebell weight, the handle is big enough for a double hand grip so you can perform all movements you want, even with smaller lighter weights kettlebells.



ELEIKO COMPETITION KETTLEBELLS

The Competition Kettlebell features a wide flat base for stability and an easy to grip, non-corrosive stainless steel handle with a subtle texture designed to hold chalk and improve control of the kettlebell. Each kettlebell, regardless of weight, is identical in size so you can train with consistent technique as you gain strength and progress.

WEIGHT: 8-32 KG

The range is offered in the international Girevoy color scheme for quick and easy weight identification by sight from anywhere in the room.

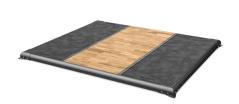
LENGTH: 210 mm / 8.27 in.
WIDTH: 210 mm / 8.27 in.
HEIGHT: 280 mm / 11.02 in.











ELEIKO SVR PLATFORM - WEIGHTLIFTING

The Eleiko SVR platform opens a world of possibilities for today's fitness facilities with a solution to address the issues of noise and vibration in a clearly defined lifting space. Our exclusive drop zone materials give the platform its unique characteristics of reduced noise, vibration and bounce.

The wood deck protected with a non-slip hard-wearing laminate and a long lasting

durable inlaid rubber strip to guard deck edges, bumpers and discs from damage. The platform is solidly constructed and highly durable without sacrificing aesthetic appeal and will stand up to the heavy use in commercial facilities.

 LENGTH:
 2090 mm / 82.28 in.

 WIDTH:
 2465 mm / 97.05 in.

 HEIGHT:
 100 mm / 3.94 in.



ELEIKO SVR PLATFORM - DEADLIFT

Deadlifts are a popular and effective lift and require less room to perform compared to the olympic weightlifting moves. To maximise floor space while delivering sound and vibration reduction SVR properties, we created the Eleiko SVR Deadlift platform.

The benefits of the SVR Weightlifting Platform with a footprint specifically suited for deadlifts.

 LENGTH:
 1420 mm / 55.91 in.

 WIDTH:
 2465 mm / 97.05 in.

 HEIGHT:
 103 mm / 4.06 in.



ELEIKO CLASSIC INSERT SVR PLATFORM - LARGE/SMALL

This version of our platform brings the same impressive sound and vibration reduction properties and integrates them seamlessly with our Classic Half Rack allowing facilities to encourage members to lift and let them "drop the weights." Available in two sizes, small is shown.

 LG LENGTH:
 3325 mm / 130.91 in.

 WIDTH:
 2465 mm / 97.05 in.

 HEIGHT:
 103 mm / 4.06 in.

 SM LENGTH:
 2655 mm / 104.53 in.

 WIDTH:
 2465 mm / 97.05 in.

 HEIGHT:
 103 mm / 4.06 in.



Eleiko offers a selection of insert platforms for many of the half racks and power racks on the market today including brands like Matrix and Precor.

dampening and noise vibration reduction properties of the stand alone SVR platforms, but is designed to fit with certain racks.

The retrofit insert platform provides the

Platforms are available both in a small and large size. Large is shown.







TACKLING SOUND AND VIBRATION. BEST DONE WITH A COMPLETE SOLUTION.



THE BEST SOLUTION

The SVR Platform is an excellent choice when looking to minimize sound and vibration and create inviting strength and performance training zones.

To optimize the solution and maximize the sound and vibration reduction it's important to take the bars, bumper plates and discs into consideration as well.

PRECISION MATTERS

The sleeve construction and the fit of the bumpers and discs on the bar sleeves impact the rattle which contributes significantly to noise and vibration.

Our sleeve construction is far superior to every other bar. Our reputation has been built on the quality of our bars and discs. Precision engineering and quality craftsmanship mean you won't hear the bar clanging against the sleeve.

Our bumpers plates and discs are designed for a snug fit between the bar and the plates. This optimal fit eliminates rattling between the bar and plates. Less movement means less noise.

UPGRADE THE EXPERIENCE

Choosing a complete Eleiko strength and performance solution helps you capitalize on the growing demand for strength and performance training.

Partner with Eleiko to outfit your facility with the world class equipment, prepare your staff with the right knowledge and provide your team with operation and marketing support to effectively deliver Eleiko Strength Programs and get the most out of your free weight area.















ELEIKO CLASSIC FLAT BENCH

Clean lines, a small footprint and classic styling with a chromed handle and wheels allow for easy portability. Rubber feet and end caps protect floors, while synthetic leather Skai covered pads are durable, comfortable, and easy to maintain.

- LENGTH:
- WIDTH:
- HEIGHT:
- WEIGHT:

1320 mm / 51.97 in 605 mm / 23.82 in 440 mm / 17.32 in 20 kg / 44.09 lbs

ELEIKO CLASSIC SIT UP BENCH

Sets users up in a secure position for declining core building movements including traditional sit-ups and Russian twists. The foot catch pads are comfortable and secure, and well positioned chromed handles make it easy to get in and out of the bench.

- LENGTH:
- WIDTH:
- HEIGHT:
- WEIGHT:

1353 mm / 53.27 in 706 mm / 27.8 in 860 mm / 33.86 in 40 kg / 88.18 lbs

ELEIKO CLASSIC SEATED PREACHER CURL

Adjustable, comfortable and supportive with bar hooks lined in plastics to protect bar knurling. Laser etched numbers clearly show the height setting so you can easily find the right position for each use. Supple durable synthetic leather is durable and easy to care for.

- LENGTH:
- WIDTH:
- HEIGHT:
- WEIGHT:

1010 mm / 39.76 in 785 mm / 30.91 in 1045 mm / 41.14 in 58 kg / 127.87 lbs

ELEIKO CLASSIC INCLINE HYPER EXTENSION

A 45° incline, comfortable hip and heel pads and sturdy textured foot platform to ensure secure positioning for back extension exercises. The hip pads are adjustable, so users can find the optimal position for safe and effective training.

- LENGTH:
- WIDTH:
- HEIGHT:
- WEIGHT:

1296 mm / 51.02 in 706 mm / 27.8 in 900 mm / 35.43 in 50 kg / 110.23 lbs

ELEIKO GLUTE HAM DEVELOPER

Adjustments ensure a perfect fit, knurled knobs are comfortable to grasp and simple to operate. The cushions strike the right balance between comfort and support, Skai® material is exceptionally durable and easy to maintain. Wheels included for easy portability.

- LENGTH:
- WIDTH: • HEIGHT:
- WEIGHT:

1106 mm / 43.54 in 716 mm / 28.19 in 1735 mm / 68.31 in 82,5 kg / 181.88 lbs

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RAISE THE BAR











ELEIKO CLASSIC ADJUSTABLE BENCH

The bench adjusts from flat to 75 degrees in 15-degree increments with two seat cushion positions. A chromed handle and two knurled adjustment knobs are secure to grip and easy to operate. Skai® material is exceptionally durable and easy to maintain.

• LENGTH: 1286 mm / 50.63 in • WIDTH: 606 mm / 23.86 in • HEIGHT: 435 mm / 17.13 in • WEIGHT: 35 kg / 77.16 lbs

ELEIKO CLASSIC OLYMPIC FLAT BENCH

Bar hooks include a unique durable roller so athletes can shift the bar once weighted protecting the bar and hooks. Integrated storage keeps weights conveniently at hand and the lifting area clutter free. Hidden bolt down holes provide added stability to ensure safety.

• LENGTH:	1640 mm / 64.57 in
• WIDTH:	1720 mm / 67.72 in
• HEIGHT:	1250 mm / 49.21 in
• WEIGHT:	80 kg / 176.37 lbs

ELEIKO CLASSIC OLYMPIC INCLINE BENCH

Several bar hooks and integrated plastic rollers for side to side adjustments allow users to find their best position, as does the adjustable seat. Integrated storage with rubber stoppers keep weights conveniently at hand and the lifting area clutter free. Hidden bolt down holes provide added stability to ensure safety.

• LENGTH:	1625 mm / 63.98 in
• WIDTH:	1720 mm / 67.72 in
• HEIGHT:	1550 mm / 61.02 in
• WEIGHT:	110 kg / 242.51 lbs

ELEIKO CLASSIC DECLINE BENCH

Several bar hooks and integrated plastic rollers for side to side adjustments allow users to find their best position, as does the adjustable seat. Integrated storage with rubber stoppers keep weights conveniently at hand and the lifting area clutter free. Hidden bolt down holes provide added stability to ensure safety.

• LENGTH:	1955 mm / 76.97 in
• WIDTH:	1720 mm / 67.72 in
• HEIGHT:	1195 mm / 47.05 in
• WEIGHT:	140 kg / 308.65 lbs

ELEIKO CLASSIC SEAL ROW

With its solid construction, the Seal Row Bench provides a secure and safe way to train. Lifters can choose their optimal position, an easy to operate pop pin adjusts the bench height in 30 mm increments offering 10 settings ranging from 570-870 mm above the floor. Lifters can also choose to start from the floor or from hooks placed 250 mm above the floor for a customised experience.

A solid rubber protection underneath the frame protects both the bench and the barbell.

• LENGTH:	1450 mm / 57.09 in.
• WIDTH:	705 mm / 27.76 in.
• HEIGHT:	1460 mm / 57.48 in.
• WEIGHT:	49 kg / 108.03 lbs







ELEIKO CLASSIC HALF RACK

The safety arms are easily adjustable to accommodate a variety of height placements allowing users to find appropriate positioning and the arms are fastened to the rack to ensure they are always used. The latches and safety arms are fully adjustable and easy to operate hooks glide smoothly on the stand and lock into place with a magnetic pin. The steel tubing on the rack is covered in stainless steel sheath to protect against impact and abrasions, minimizing the signs of wear and tear. Integrated storage pins keep weights conveniently accessible.

• LENGTH:
• WIDTH:

• HEIGHT:
• WEIGHT:

1640 mm / 64.57 in 1720 mm / 67.72 in 2440 mm / 96.06 in 180 kg / 396.83 lbs

ELEIKO CLASSIC SMITH MACHINE

The Eleiko Classic Line Smith Machine is a straight frame smith machine with a 15 kg barbell that features smooth operation for a wide range of athletes. Precision bearings and a barbell optimised for this application ensure an exceptional lifting experience. The machine supports a wide range of exercises including squats, lunges, calf raises and a variety of pressing movements and is compatible with a flat or adjustable bench.

• LENGTH:

• WIDTH:

• HEIGHT:

• WEIGHT:

1260 mm / 49.61 in. 1954 mm / 76.93 in. 2300 mm / 90.55 in. 215 kg / 473.99 lbs

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ELEIKO SQUAT STAND



ELEIKO SQUAT STAND

A two in one piece, the stand supports squats and can be used with a bench for presses as well. The width and height can be set to the user's preference to ensure the appropriate range of motion.

LENGTH: WIDTH: **HEIGHT:**

702 mm / 27.64 in. 1310 mm / 51.57 in. 1110 mm / 43.7 in.

ELEIKO STORAGE



ELEIKO TRAINING DISC RACK

Features expanded storage capacity, integrated barbell storage and space for a set of training collars along with the base construction and shape of the disc dividers make handling, unloading and re-racking discs easier.

LENGTH: WIDTH: **HEIGHT:**

1091 mm / 42.95 in. 431 mm / 16.97 in. 230 mm / 9.06 in.



ELEIKO VERTICAL BAR RACK

Stylish space saving bar storage. Available to hold 4 or 8 bars, the 50mm socket fits Olympic size bars. Rubber cushioned sockets keep your bar safe from being scratched. Bolt to the floor for added stability.

LENGTH: WIDTH: **HEIGHT:**

630 mm / 24.8 in. 530 mm / 20.87 in. 210 mm / 8.27 in.



ELEIKO CLASSIC HORIZONTAL BAR RACK

The Eleiko Horizontal Bar Rack has a capacity to hold up to six barbells. The durable plastic rails help protect the barbell HEIGHT: knurling. The rack is fitted with rubber feet to protect flooring and can be bolted to the floor for added stability and user safety.

LENGTH: WIDTH:

1176 mm / 46.3 in. 707 mm / 27.83 in. 1171 mm / 46.1 in.





XF80 DOUBLE HALF RACK

The Eleiko XF80 Double Half Rack delivers two lifting stations and a wide variety of training possibilities within a compact footprint so facilities can maximize their training spaces.

While also available as a basic frame with no attachments that you can build to suit your needs, we outfitted the standard unit with a few basic attachments essential in a training environment.

- 1 XF 80 DOUBLE HALF RACK FRAME
- 8 ELEIKO CHROMED WEIGHT STORAGE PINS
- 2 XF 80 SAFETY ARMS (PAIR)
- 2 XF 80 J-CUPS (PAIR)
- 2 XF 80 RUBBER BAND ATTACHMENT (PAIR)
- 2 XF 80 BARBELL STORAGE
- 2 XF 80 STRAIGHT PULL UP BAR

Use this rack as is, or add additional XF80 fitness attachments and storage solutions to customise the rack for your member and training needs.

LIFTING CONCEPT

When looking to create a training zone optimized for lifting that makes the most of available space, this set up is the place to start. We build upon the standard XF 80 Double Half Rack adding two SVR platforms and the XF 80 Adjustable Rig Handles. Paired with the Classic Adjustable Bench, this concept delivers single station training for all your lifting needs.

- 1 XF 80 DOUBLE HALF RACK FRAME BLACK
- 2 SVR PLATFORM CLASSIC INSERT
- 2 XF 80 RUBBER BAND ATTACHMENT (PAIR)
- 2 XF 80 SAFETY ARMS
- 2 XF 80 J-CUPS (PAIR)
- 1 XF 80 ADJUSTABLE RIG HANDLES
- 1 XF 80 STRAIGHT PULL UP BAR
- 1 CLASSIC ADJUSTABLE BENCH
- SPORT TRAINING DISCS





Loaded with the tools needed to conveniently complete a functional training WOD in a compact dedicated space. We build on the standard XF 80 Double Half Rack unit adding SVR platforms, a dip module, glute developer and smith kit along with storage and a selection of kettlebells, dumbbells and balls to support a range of movements and exercises.

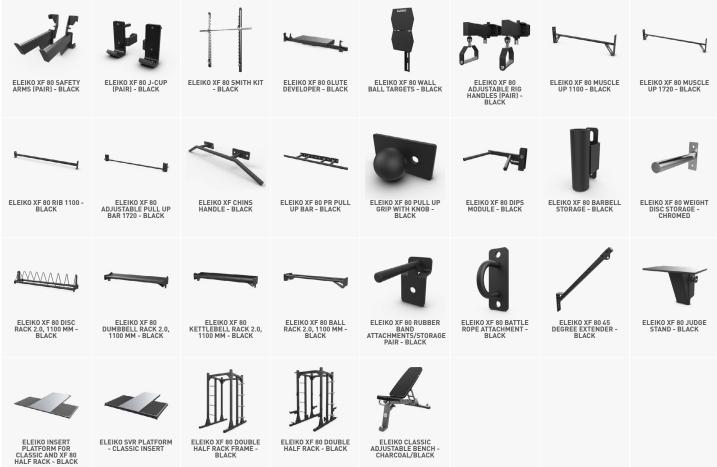


- 2 SVR PLATFORM CLASSIC INSERT
- 2 XF 80 RUBBER BAND ATTACHMENT (PAIR)
- 2 XF 80 SAFETY ARMS
- 1 XF 80 J-CUPS (PAIR)
- 1 XF 80 ADJUSTABLE RIG HANDLES
- 1 XF 80 DIP MODULE
- 1 XF 80 GLUTE DEVELOPER
- 1 XF 80 SMITH KIT
- 1 XF 80 KETTLEBELL RACK 1100
- 1 XF 80 DUMBBELL RACK 1100
- 1 XF 80 BALL RACK 1100
- XF BUMPERS





MAKE IT WORK FOR YOU CUSTOMIZE WITH ATTACHMENTS





ELEIKO IPF COLLECTION



Eleiko launched a new IPF certified competition collection at the IPF World Classic held in June in Helsingborg Sweden. Packed full of features to improve the experience for lifters, loaders and event organizers, the pieces promote ease of use and safety with features such as our new cushion design with a knurl pattern and patent pending upright tilt mechanism.

IPF SQUAT STAND/BENCH



Features new patent-pending support arm tilt mechanism, safety arms provide more room in the bench and an exclusive Eleiko injection molded polyurethane cushion to better support athletes while delivering improved performance over the lifetime of the bench.

POWERLIFTING DISC RACK



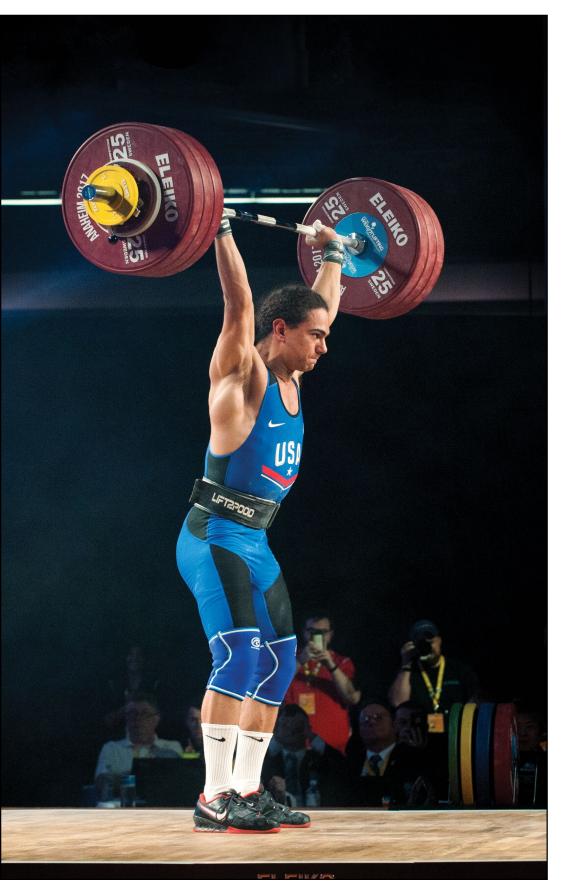
The off the ground design is efficient and comfortable for loading and unloading. The curved tube shape allows the disc to more easily roll into and out of the rack and provides more room to grasp the discs for fast bar loading. The rack holds up to nine 25 kg discs along with one each of the smaller weight plates for maximum competition support and flexibility in training settings.

IPF POWERLIFTING COMPETITION PLATFORM 3 X 2,5 M



The design includes a sleek curved frame profile, a layer of rubber tiles to dampen sound and vibration and a single piece, engineered textile stretched across the surface that is TV ready and maintains its optimal lifting surface even with magnesia spills. The platform's joint free top layer ensures the surface is completely even.





For Champions

Eleiko produces the best weightlifting equipment in the world, bars and discs chosen by athletes and professional weightlifters when precision and performance are of the up-most importance

Uniquely Qualified

Eleiko is the only company to be certified by all three weightlifting federations, the IWF (International Weightlifting Federation), IPF (International Powerlifting Federation) and the World Para Powerlifting Organization (WPPO).

Legacy in Lifting

Our history is filled with big ideas and ambitious goals. Rooted in a passion for strength, we took a bold leap from making waffle irons to creating the world's finest barbells and discs and helped shape the world of weightlifting and strength training along the way.

Passion for Strength

We create products that push the boundaries of performance and unlock human potential, that build strength on and off the lifting platform, products that enable outstanding performance in sports and in life.

Product Longevity

Eleiko products are built to last, rigorously tested and designed to withstand even the toughest of training environments. This commitment to quality is at the heart of everything we do.

Family Ownership

As one of the oldest strength companies, Eleiko is a testament to the stability gained from being a family business. The leadership is personally invested and has built relationships with suppliers, partners, and customers that span generations.



CONTACT AND SOCIAL INFO

If you are launching a new facility, looking to refresh your equipment or want to know more about our products, please get in touch to discuss your vision and needs.





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