

6ft Olympic Aluminium Technique Bar

The 7kg Technique Bar is designed for practising your lifting technique without the risk of injury from heavier bars. Ideal for beginners new to Olympic lifting, this super lightweight bar is made from aluminium with machine-knurled handles to get the perfect grip.



Aluminium



Dual knurling marks



Integrated End Cap



6ft Bar



Technical Specifications

Rating	Commercial
Material	Aluminium
Bar Weight	7kg
Size	6ft / 183cm
Loading Capacity	65kg
Grip diameter	28mm

Key Features

Maximum load: 65kg	•
Dual knurling marks for both Powerlifting and Olympic lifting	•
Machine-knurled handles to get the perfect grip.	•
designed for practising your lifting technique without the risk of injury from heavier bars.	•