

Weightlifting



ELEIKO®

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In 1969 Eleiko was
approved as the first
IWF certified company

It all began with a waffle-iron

When the Eleiko bar was introduced in 1963 the world of weightlifting was stunned – a bar that could last an entire competition without bending or cracking!



The history of the strong weightlifting bar begins at the small factory in Halmstad – a factory that manufactured electricity products. The year is 1957 and supervisor Hellström, who assembles waffle-irons, has just been permitted by the managing director, Mrs Tyra

Johansson, to test produce a weightlifting bar. As it happens Mr Hellström has a fervent interest in weightlifting, a sport that at the time had big problems getting the weightlifting bars to hold.

A bar in hardened special steel is produced, as well as metal weightlifting discs. The knurling of the bar is appropriately made in a waffle pattern...

More than 800 world records

Since that day the Eleiko brand has set a new standard that has revolutionized the world of weightlifting. Big words, we know, but with

thousands of national and international championships and more than 800 world records the Eleiko brand has proved itself.

Ongoing product development

Today Eleiko offers a wide range of products for weightlifting: bars and barbells, platforms, racks, benches and accessories – all products made to Eleiko's high standards.

Participating in international competitions is an important part of our evolution. It is there, surrounded by lifters and coaches, we get the inspiration for our product development.

Our future mission is to continue to serve athletes worldwide with methods and products to obtain and develop maximum physical strength in the world of weightlifting.

The first world record with the Eleiko bar was set by Marian Zielinski from Poland in 1963. The total record was 417.5 kg in the 67,5 kg class.





▲ Each bar is placed in a vice and bent with a hydraulic jack subjecting a force of 2000 kg!

A good piece of craftsmanship

The most famous bar in the world – the Eleiko bar – is produced by skilled craftsmen using special Swedish steel. Every bar, irrespective if it is used for training or competition, is skilled craftsmanship – from lathing of the tracks of the sleeves to the final assembling.

A stringent quality procedure

Every Eleiko bar manufactured undergoes a stringent quality procedure. Every stage is supervised by critical eyes, that do not allow the slightest doubt to slip through. For example, each bar is placed in a vice and bent with a hydraulic jack subjecting a force of 1500 kg. The bar must spring back to an exact straightness with a maximum deviation of no more than 0,5 mm. The same procedure is repeated on the sleeves but with a force of 2000 kg. No bar will ever be bent that much in competition or training.

If any bar fails to pass our strict requirements, it will be discarded and scrapped!

Signed by the craftsman in control

As the utter proof that the Eleiko bar has passed through our craftsmen's critical control, it is furnished with information about date of production, batch number, serial number and the craftsman in control. After that it is packed in specially produced packaging of very good quality – all this so as not to risk delays or damages while in transport. That is what we call a good piece of craftsmanship. Don't you?



▲ The Eleiko products are packed in packaging that is famous for being of such good quality, that you can even build a house out of it!

Prepared for victory

If you want to reach the outermost top, nothing can be left to chance. This has been the guiding star for Eleiko from the very start and continuously we work with the finishing touch. Just listen to this:

Tested for 5000 drops*!

A weightlifting disc can be dropped 500-600 times during a competition. Every batch of Eleiko discs is therefore tested for 5000 drops – just to be on the safe side

Unique Swedish Steel,
made for Eleiko only.



Tested to 1500 kilos!

Each Eleiko bar is placed in a vice and bent with a hydraulic jack subjecting a force of 1500 kg. The bar must spring back to an exact straightness with a maximum deviation of no more than 0,5 mm. The same procedure is repeated on the sleeves but with a force of 2000 kg. No bar will ever be bent that much in competition or training.

The best grip ever

The Eleiko bar offers the best grip ever. The smooth but sharp contact with the grip, the perfect flexibility and the soft sound from the stabilized rotation of the sleeves, gives the bar that special Eleiko feeling.



Accurate weight on each disc*

Every competition disc is marked with its accurate weight in order to avoid any doubt.



Product tracking

Every Eleiko bar carries information about the production date, batch number, serial number and the craftsman in control. With the help of the serial number, every bar can be traced all the way from the steelworks to the customer.

*Starts autumn 2006

Nothing replaces the Eleiko feeling

The Eleiko bar offers the best grip ever. The smooth but sharp contact with the grip, the perfect flexibility and the soft sound from the stabilized rotation of the sleeves (which prevents wrist and arm injuries) gives the bar that special Eleiko feeling.

All bars are individually tested in accordance with the Eleiko Quality Policy and then serial numbered.

Eleiko weightlifting competition bar

The world famous Eleiko IWF approved weightlifting competition bar has unsurpassed durability. A total of ten precision bearings are fitted to each bar for optimum rotation.

Sleeves to suit 50 mm discs. Five year warranty.

Art No 111-0200 = 28 mm grip, 20 kg men bar, L = 2200 mm

Art No 111-0150 = 25 mm grip, 15 kg women bar, L = 2010 mm

Eleiko international training bar

A high quality weightlifting training bar with unsurpassed durability and perfect flexibility. A total of ten precision bearings are fitted to each bar for optimum rotation.

Sleeves to suit 50 mm discs. Five year warranty.

Art No 112-0200 = 28 mm grip, approx 20 kg men bar, L = 2200 mm

Art No 112-0150 = 25 mm grip, approx 15 kg women bar, L = 2010 mm

Eleiko youth and technique bar

The perfect bar for young lifters and for technique training. Made of aluminium. 50 mm rotation sleeves. Max load 20 kg.

Art No 113-0050 = 25 mm grip, approx 5 kg, L = 2200 mm





Eleiko competition collars
IWF approved competition collars for 50 mm sleeves. Chromed steel. Reduced thickness to allow more discs on the bar. 5 kg/pair.



Art No 131-0050



Eleiko spring coil collars
One pair of spring collars for 50 mm sleeves. Chromed.

Art No 132-0060



Eleiko training collars
Training collars for 50 mm sleeves. Chromed steel. 5 kg/pair.

Art No 132-0050

After five thousand drops it will still be a winner.

A weightlifting disc is used for 500-600 lifts during a competition. This means that the disc must last for at least as many drops. Every batch of Eleiko discs is therefore tested for 5000* drops – just to be on the safe side



Eleiko international training rubber disc

Black rubber training disc of the same high quality as the competition disc, but not calibrated. 450 mm diameter and 50 mm hole. Two year warranty.

Art No 122-0250 = 25 kg

Art No 122-0200 = 20 kg

Art No 122-0150 = 15 kg

Art No 122-0100 = 10 kg

Eleiko competition/ technique disc



Calibrated according to IWF standard. 450 mm diameter and 50 mm hole. Two year warranty.

Art No 121-0050 = 5 kg = white

Art No 121-0025 = 2,5 kg = red





Eleiko competition coloured rubber disc



IWF approved calibrated competition disc.

High quality rubber and special steel hub guarantees durability.

450 mm diameter and 50 mm hole.

Two year warranty.

Art No 121-0250 = 25 kg = red

Art No 121-0200 = 20 kg = blue

Art No 121-0150 = 15 kg = yellow

Art No 121-0100 = 10 kg = green



Eleiko competition metal disc



50 mm hole. Calibrated according to IWF standard. Two year warranty.

Art No 124-0050 = 5 kg = white

Art No 124-0025 = 2,5 kg = black

Art No 124-0014 = 1,25 kg = chrome

Art No 124-0005 = 0,5 kg = chrome

Art No 124-0004 = 0,25 kg = chrome



Eleiko rubber coated competition disc

A series of competition discs for the 1 kg increment rule. Rubber coated metal discs with 50 mm hole. Calibrated according to IWF standard. Two year warranty.

Art No 124-0005R = 0,5 kg = white

Art No 124-0010R = 1,0 kg = green

Art No 124-0015R = 1,5 kg = yellow

Art No 124-0020R = 2,0 kg = blue

Art No 124-0025R = 2,5 kg = red

Art No 124-0050R = 5,0 kg = white



Eleiko Friction Grip® competition disc

Rubber coated competition discs. 50 mm hole. A revolutionary patented series of competition discs that fit to the bar without magnets, twisting or turning. Simply fit it to the bar outside the collar and it will stay by pure friction! Two year warranty.

Art No 121-0005F = 0,5 kg = white

Art No 121-0010F = 1,0 kg = green

Art No 121-0015F = 1,5 kg = yellow

Art No 121-0020F = 2,0 kg = blue

Create your own set for training or competition

With the Eleiko disc sets you can easily create the barbell set you require. Perhaps you want to combine a competition bar with training discs? Or the other way around? There is no end to the possibilities.



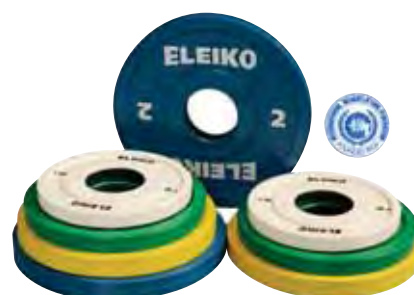
Eleiko competition disc set, Friction Grip® – 165 kg
Calibrated according to IWF-standard.

Rubber discs: 2 x 25 kg, 2 x 20 kg, 2 x 15 kg, 2 x 10 kg,

Friction Grip: 2 x 2 kg, 2 x 1,5 kg, 2 x 1 kg, 2 x 0,5 kg

Rubber coated discs: 2 x 5 kg, 2 x 2,5 kg

Art No 121-1650F



Eleiko competition/training disc set – 10 kg
Calibrated according to IWF-standard.

Rubber coated discs: 2 x 2 kg, 2 x 1,5 kg,
2 x 1,0 kg, 2 x 0,5 kg

Art No 124-0100R



Eleiko competition disc set – 165 kg
Calibrated according to IWF-standard.

Rubber discs: 2 x 25 kg, 2 x 20 kg, 2 x 15 kg, 2 x 10 kg

Rubber coated discs: 2 x 5 kg, 2 x 2,5 kg, 2 x 2 kg, 2 x 1,5 kg,
2 x 1 kg, 2 x 0,5 kg

Art No 121-1650



Eleiko competition/training disc set – 25 kg
Calibrated according to IWF-standard.

Rubber coated discs: 2 x 5 kg, 2 x 2,5 kg,
2 x 2,0 kg, 2 x 1,5 kg, 2 x 1 kg, 2 x 0,5 kg

Art No 124-0250R



Eleiko competition disc set – 140 kg

Calibrated according to IWF-standard.

Rubber discs: 2 x 25 kg, 2 x 20 kg, 2 x 15 kg, 2 x 10 kg

Art No 121-1400



Eleiko competition disc set, Friction Grip® – 10 kg

Calibrated according to IWF-standard.

Friction Grip: 2 x 2 kg, 2 x 1,5 kg, 2 x 1 kg, 2 x 0,5 kg

Art No 121-0100F



Eleiko competition disc set, Friction Grip® – 25 kg

Calibrated according to IWF-standard.

Rubber coated discs: 2 x 5 kg, 2 x 2,5 kg,

Friction Grip: 2 x 2 kg, 2 x 1,5 kg, 2 x 1 kg, 2 x 0,5 kg

Art No 124-0250F

Eleiko weightlifting set

By combining an Eleiko bar, a pair of collars and a disc set you create your own competition or training weightlifting set.

Example:

Competition 190 kg (185 kg women) set

= 1 bar – Art No 111-0200 (111-0150)

+ collars – Art No 131-0050

+ disc set – Art No 121-1650

Training 190 kg (185 kg women) set

= 1 bar – Art No 112-0200 (112-0150)

+ collars – Art No 132-0050

+ training disc set – Art No 122-1400

+ rubber coated disc set – Art No 124-0100R



Eleiko training disc set – 140 kg

Rubber discs: 2 x 25 kg, 2 x 20 kg, 2 x 15 kg, 2 x 10 kg

Art No 122-1400



Eleiko metal disc set – 17,5 kg

Calibrated according to IWF-standard.

Metal discs: 2 x 5 kg, 2 x 2,5 kg, 2 x 1,25 kg

Art No 124-0175

Eleiko has the foundations for your results

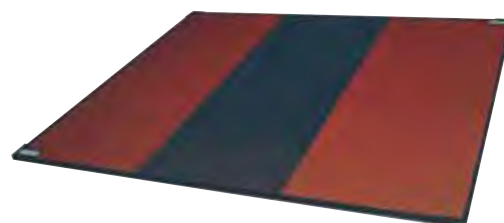
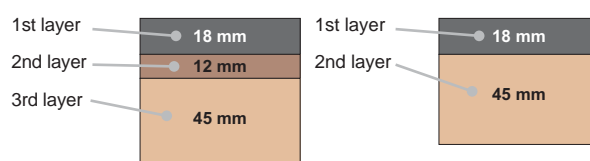
Eleiko offers a wide selection of competition and training platforms in different materials and constructions. They all have the high quality and durability. If you need a training platform in a special size, contact us for a quotation.



Eleiko competition platforms

Stable and hard construction for weightlifting competitions in two different models, two or three layers. Easy to assemble and to maintain. Can be washed with soap and water.

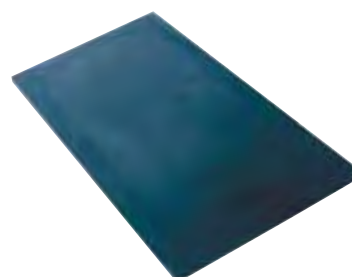
SPECIFICATION	2-layer platform	3-layer platform
Size	4x4 m	4x4 m
Thickness	63 mm	75 mm
MATERIAL:		
1 st layer	45 mm wooden beams	45 mm wooden beams
2nd layer	18 mm laminated board	12 mm plywood
3rd layer		18 mm laminated board
Rubber mats	4 pcs (Art No 405-1111) 0,5 x 2 m x 18 mm	4 pcs (Art No 405-1114, 405-1115) 0,5 x 2 m x 30 mm
Transport size	4,1 x 1,2 x 0,5 m	4,1 x 1,2 x 0,5 m
Weight (incl. packing)	640 (760) kg	725 (925) kg
Art No	405-2110	405-2108 (black rubber mats) 405-2109 (red rubber mats)



Eleiko warm up/training platform

The basic design is 3 x 2,5 meter, but can be adjusted according to your own requirements. The middle part is made of very stable laminate board surrounded by red rubber mats, 30 mm thick. Held together with a painted metal frame. Very easy and quick to assemble. Weight: 200 kg

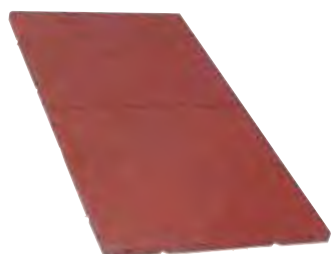
Art No 405-1112



Eleiko black rubber mat

Very high density for good shock absorbance. 1 m x 0,5 m x 18 mm. Can be used separately as a floor protection during dumbbell exercises. Weight: 13 kg

Art No 405-1111



Eleiko red/black rubber mat 1 m x 0,5 m x 30 mm rubber squares. Good shock absorber and noise reducer. Can be used separately as a floor protection during dumbbell exercises. Weight: 12 kg

Art No 405-1115 (red)
Art No 405-1114 (black)

Get organized with Eleiko

By keeping your equipment in order, the way to success is so much more simple. Eleiko offers a wide and well suited assortment of benches and racks for competitions, warm-up and training.

Eleiko disc rack

Holds 14 full size discs and 12 small discs plus 1 pair of collars.

Art No 401-0020 without magnesia container

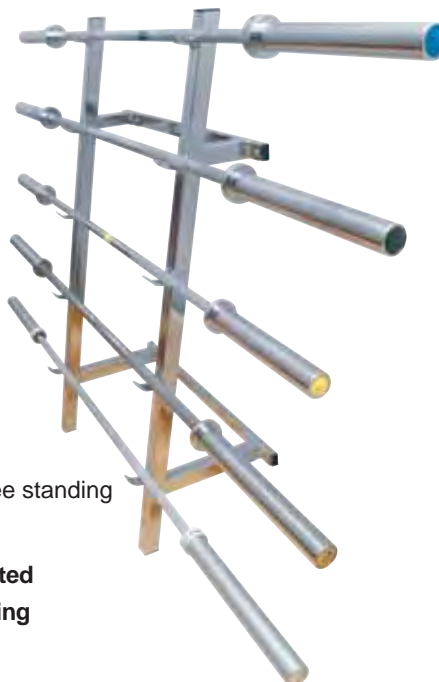
Art No 401-0010 with magnesia container



Eleiko disc rack on wheels

With handle and wheels for easy moving. Holds 8 full size discs and 12 small discs plus 1 pair of collars.

Art No 401-0040



Eleiko bar rack

Wall mounted for 5 bars or free standing for 10 bars. Chromed metal.

Art No 410-0050 = wall mounted

Art No 410-0100 = free standing



Eleiko vertical disc rack
Tree model for discs with 50 mm hole.

Art No 401-0030

Your best support

Our especially designed weightlifting equipment are thoroughly tested. They have been used for many years and are loved the world over.



Eleiko adjustable bench
Bench with adjustable seat and back (up to 90°).
Wheels for easy moving.

Art No 406-0021



Eleiko flat bench
Wheels for easy moving.

Art No 406-0031



Eleiko barbell lifter
Barbell lifter on wheels. Balanced to hold
a complete set while changing the weights.

Art No 403-0010

Benches and stands come silver/grey painted with blue upholstery or, as option, white with black upholstery.



Eleiko squat stand

Adjustable height and width. Max height 160 cm, max width 140 cm (bench not included).

Art No 406-0011



Eleiko electronic scale

0–200 kg. 10 gr graduation.

According to IWF-standard.

A printer can be connected to the scale as option.

Art No 404-0010 without handle

Art No 404-0020 with handle



Eleiko magnesium container

Round model MG-container and resin tray in one.

Art No 402-0010

Magnesia blocks

A box of 70 blocks @ 50 gr.

Art No 165-0010



Eleiko resin tray

Metal resin tray, 53 x 53 cm.

Art No 402-0020

The professional choice



Eleiko wrist wraps

One pair of elastic wrist wraps with velcro fastening. White with yellow lining. 8 x 30 cm.

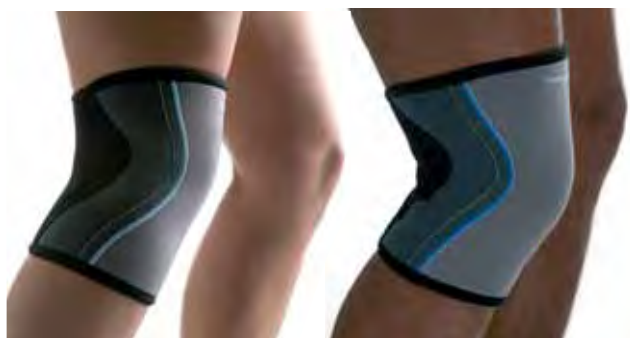
Art No 162-0010



Eleiko knee wraps

One pair of elastic knee wraps. White with yellow lining. 8 x 200 cm.

Art No 162-0020



Rehband Core Line knee support

Anatomical knee support. Heat conserving effect. Protects against traumas and pressure. 5 mm thick.

Art No 163-0810 = XS

Art No 163-0811 = S

Art No 163-0812 = M

Art No 163-0813 = L

Art No 163-0814 = XL

Art No 163-0815 = XXL



Eleiko neoprene wrist wraps

Neoprene wrist wraps with velcro fastening. 7 x 20 cm.

Art No 162-0030



Eleiko pulling straps

Pulling straps in strong cotton, 63 cm.

Art No 164-0020



Eleiko weightlifting belt

Black leather belt. 10 cm in back and 5 cm in front.

Art No 161-0011 = S 67–81 cm

Art No 161-0012 = M 77–92 cm

Art No 161-0013 = L 87–102 cm

Art No 161-0014 = XL 92–106 cm

Art No 161-0015 = XXL 95–112 cm

Art No 161-0016 = XXXL 104–118 cm



Eleiko – a concept for champions

For almost 50 years Eleiko has taken an active part in international weightlifting. The trademark stands for quality, engagement and success, and within the family of weightlifting Eleiko has become the standard.

More than 800 world records

Since the world championships in Stockholm in 1963, when Eleiko for the first time was used in an international championship, more than 800 world records have been set with Eleiko barbells. Probably a record in itself.

One leading brand – three business areas

Through many years of close connection to the strength sports, we have acquired a broad and deep knowledge in the field of training – a competence we today bring out in three business areas:

- Weightlifting
- Gym & fitness
- Education

For more information, please visit our website:
www.eleikogroup.com

ELEIKO®

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