



# Elite 7ft Olympic Bar

SKU: **GG-BARS-111**

Engineered from a unique steel alloy with 215,000 PSI tensile strength, this 20kg Olympic bar delivers elite-level performance for weightlifting, powerlifting, and CrossFit. The bar flexes under heavy load yet always returns to form, while premium bearings ensure smooth, controlled rotation to protect joints and maintain technique.

## Key Features

- Tested to 680kg (1500lbs) for maximum strength and reliability
- 8 premium-grade bearings (4 needle, 4 ball) for smooth sleeve rotation
- Durable hard chrome finish resists rust and wear
- 30mm diameter grip with 2mm mis-pattern knurling for secure hold
- Olympic IWF & IPF markings for competition-ready training
- High-visibility end caps with sealed protection against dirt and dust
- Internal dimensions: 5 inches to suit Olympic setups
- Weight tolerance: +2% / -2%
- Total length: 7ft / 86" / 220cm

## Technical Specifications

|                |        |
|----------------|--------|
| Weight         | 20 kg  |
| Length / Depth | 214 cm |
| Height         | 6 cm   |
| Width          | 6 cm   |

