







6ft Olympic Aluminium Technique Bar

SKU: **GG-BARS-109**

The 7kg Technique Bar is ideal for beginners learning Olympic lifts, allowing you to master form without the strain of heavier bars. Crafted from lightweight aluminium, it features machine-knurled handles and dual knurl marks for both powerlifting and Olympic training. Weight: 7kg Maximum load: 65kg Grip diameter: 28mm Dual knurling marks for Olympic and powerlifting reference Aluminium construction with precision knurling for a secure grip

Technical Specifications

Weight	7 kg
Length / Depth	183 cm
Height	6 cm
Width	6 cm