

| | Weight | Length | Shaft Type | Shaft Diameter | Distance Between Rings | Centre Knurling ? | Knurling Type | Sleeve type | Recommended Max Load/Rating | Warranty |
|---|--------|--------|---------------------------------|----------------|------------------------|-------------------|-----------------|---|--|--|
| Strength Shop Original 2028 Bar | 20kg | 2.2m | Straight Steel | 28mm | 810mm | Yes | Coarse | Needle Bearings & Steel Bushing | 250kg max suggested load. Not suitable for Olympic Weightlifting. 700lbs steel tensile rating. | Standard 6 month |
| Bastard Bar with centre knurling | 20kg | 2.2m | Sprung Steel | 28mm | 810mm + 910mm | Yes | Medium | Needle Bearings, Brass Bushings & Ball Bearings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 120kg for Clean & Jerk / Snatch, 250kg for Squat/Deadlift | 3 Year Performance Warranty |
| Bastard Bar without centre knurling | 20kg | 2.2m | Sprung Steel | 28mm | 810mm + 910mm | No | Medium | Needle Bearings, Brass Bushings & Ball Bearings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 120kg for Clean & Jerk / Snatch, 250kg for Squat/Deadlift | 3 Year Performance Warranty |
| Bastard Weightlifting Bar With Centre Knurling | 20kg | 2.2m | Sprung Steel | 28mm | 910mm | Yes | Medium | Needle Bearings, Brass Bushings & Ball Bearings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 120kg for Clean & Jerk / Snatch, 250kg for Squat/Deadlift | 3 Year Performance Warranty |
| Nemesis Bar with centre knurling | 20kg | 2.2m | Sprung Steel | 28mm | 810mm + 910mm | Yes | Medium | Needle Bearings, Brass Bushings & Ball Bearings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 120kg for Clean & Jerk / Snatch, 250kg for Squat/Deadlift | 3 Year Performance Warranty |
| Riot Weightlifting Bar (Hardened Chrome Finish) With Centre Knurling | 20kg | 2.2m | High Quality Alloy Sprung Steel | 28mm | 810mm + 910mm | Yes | Lightly Knurled | 4 Needle Bearings Each Side | 205K PSI Tensile strength, 1500lbs static rating. Max suggested load - 280kg for Squat/Deadlift - for higher powerlifting use, please see our power bars | 3 Year Performance Warranty |
| Hercules Weightlifting Bar | 20kg | 2.2m | High Grade Sprung Steel | 28mm | 910mm | Yes | Medium | 5 Needle Bearings & Stainless Steel Bushing Each Side | 1500lbs static rating, 254K PSI Tensile strength. Max suggested load - 140kg for Clean & Jerk, 280kg for Squat/Deadlift | 3 Year Performacne Warranty |
| Strength Shop Original 2029 Bar | 20kg | 2.2m | Straight Steel | 29mm | 810mm | Yes | Coarse | Needle Bearings | 185K PSI Tensile Strength. 260kg max suggested load. Not suitable for Olympic Weightlifting. | Standard 6 month |
| Bastard Power Bar | 20kg | 2.2m | Sprung Steel | 29mm | 810mm | Yes | Coarse | Brass Bushings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 340kg deadlift, 300kg squat | 3 Year Performance Warranty |
| Bastard Squat Bar | 25kg | 2.47m | Sprung Steel | 32mm | 810mm | Yes | Coarse & Wide | Brass Bushings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 450kg Squat | 3 Year Performance Warranty |
| Bastard Deadlift Bar | 20kg | 2.3m | Sprung Steel | 27mm | 885mm | No | Mild | Brass Bushings | 1500lbs static rating, 205K PSI Tensile strength. Max suggested load - 400kg | 3 Year Performance Warranty |
| Texas Power Bar | 20kg | 2.14m | Sprung Tempered Steel | 29mm | 810mm | Yes | Coarse | Brass Bushings | 1500lbs static rating, 186K PSI Tensile strength. No maximum load for Powerlifts - any weight. | Manufacturers 10 years workmanship and materials warranty under normal use |
| Texas Deadlift | 20kg | 2.3m | Sprung | 27mm | 810mm | No | Coarse | Brass Bushings | 2000lbs Static Rating, 186K PSI Tensile | Manufacturers 10 years workmanship and |

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|--|------|-------|-----------------------|------|-------|-----------|--------|---|--|--|
| Bar | | | Tempered Steel | | | | | | strength. No maximum load for Powerlifts - any weight. | materials warranty under normal use |
| Texas Squat Bar | 25kg | 2.44m | Sprung Tempered Steel | 30mm | 810mm | Yes, Wide | Coarse | Brass Bushings | 2000lbs Static Rating, 186K PSI Tensile strength. No maximum load for Powerlifts - any weight. | Manufacturers 10 years workmanship and materials warranty under normal use |
| Strength Shop Original 1525 Bar | 15kg | 2m | Straight Steel | 25mm | 880mm | No | Coarse | Steel Bushings | 700lbs static rating. Max suggested load - 150kg for slow static lifts, 90kg for Olympic lifts | Standard 6 month |
| Bastard Womens Bar | 15kg | 2.03m | Sprung Steel | 25mm | 910mm | No | Medium | Needle Bearings, Brass Bushings & Ball Bearings | 190K PSI Tensile Strength. 110kg max recommended load for Clean & Jerk / Snatch. | 3 Year Performance Warranty |