

POWER STREAM

BARS & PLATES



The Highest Standards of Strength and Durability

The Power Stream line of lifting bars and plates is as extensive as you will find anywhere. Manufactured to the highest standards of strength and durability, our entire line of bars and plates will provide your customers with everything they require for a safe and effective training session while at the same time add to the aesthetics of your facility.



IWF Competition Bar



Max weight load :1500 lbs

Compliant with IWF standards, it is made from 60Si2CrA specialty steel and features premium needle bearings, friction-welded sleeves, and a fully knurled surface that is grip-friendly yet non-abrasive, offering exceptional feel and durability.

SPECIFICATIONS

Weight: 44.09 lbs
Load capacity: 1500 lbs
Diameter: 28mm

Powerlifting Pro – Olympic Bar 20kg



Max weight load :1500 lbs

The standard 20kg weightlifting bar compliant with IWF standards can support loads of up to 1500 lbs. Made from 42CrMo alloy steel, it features premium needle bearings, friction welded sleeves, and a fully knurled surface that is grip-friendly yet non-abrasive, offering exceptional feel and durability.

SPECIFICATIONS

Models: Trainer / Pro
Length: 2.2 m
Weight: 20 kg
Grip Diameter: 28 mm
Material: 42CrMo Alloy Steel
Load Capacity: 1500 lbs
Finish Options: Black or Silver
Bearing Options: 4 or 8 Needle Bearings

Powerlifting Elite - Olympic Bar 20kg



Max weight load :1000 lbs

The 1000 lb Series delivers dependable durability for daily training environments. Built with the same high-quality steel construction, this bar balances strength, rotation, and value—making it a reliable choice for commercial facilities and performance-focused home gyms.

SPECIFICATIONS

Models: Elite / Elite Entry
Length: 2.2 m
Weight: 20 kg
Grip Diameter: 28 mm
Material: 42CrMo Alloy Steel
Load Capacity: 1000 lbs
Finish Options: Black or Silver
Bearing Options: 4 or 8 Needle Bearings

Powerlifting Aura – Olympic Bar 15kg



Max weight load :1200 lbs

Compliant with IWF standards, the standard 15kg weightlifting bar is designed for female athletes and can support a load of up to 1200 lbs. Made from 42CrMo alloy steel, it features premium needle bearings, friction-welded sleeves, and a fully knurled surface that is grip friendly yet non-abrasive, offering exceptional feel and durability.

SPECIFICATIONS

Models: Verve / Aura
Length: 2.01 m
Weight: 15 kg
Grip Diameter: 25 mm
Material: 42CrMo Alloy Steel
Knurling: 6 Sections
Load Capacity: 1200 lbs
Finish Options: Black
Bearing Options: 4 or 8 Needle Bearings

BARS

Open Trap Bar

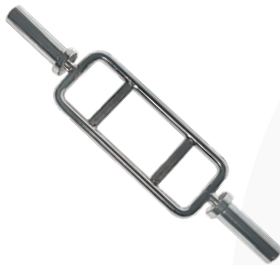


The hexagonal design and knurled neutral handles of the Trap Bar make it ideal for deadlifts, as the load is centered rather than offset like in traditional deadlifts, reducing stress on the lumbar spine. The open-ended design allows users to easily step into the center, and the open gap can be vertically positioned on the floor for more convenient handling and storage.

SPECIFICATIONS

Weight: 61.7 lbs
Maximum Load Capacity: 660 lbs
Dimensions: 86.2" x 29.8" x 10.4"
(2190 x 757 x 264 mm)

Power Olympic Tricep Bar



With its ergonomic neutral grip design, this bar reduces wrist strain while providing maximum comfort and control. Built with high-quality steel construction, it ensures durability and longevity for heavy-duty workouts.

SPECIFICATIONS

Total Length: 33"
Sleeve Length: 7"
Grip Type:
Knurled Handles for a secure grip
Sleeve Diameter:
Fits 2" Olympic Weight Plates

Power Olympic Curl Bar



The Power Olympic Curl Bar is designed for optimal bicep and forearm training, allowing for natural hand positioning to reduce wrist strain while maintaining maximum lifting power. The ergonomic cambered design enhances grip comfort and ensures efficient muscle engagement for bicep curls, reverse curls, and triceps extensions.

SPECIFICATIONS

Total Length: 47"
Weight Capacity: 75 lbs (34kg)
Sleeve Diameter: 2" Olympic standard

Power Safety Squat Bar



The Power Cambered Squat Bar is engineered for serious strength training, providing enhanced comfort, stability, and control during heavy squats. Designed with a padded shoulder harness and handgrips, this bar significantly reduces shoulder and wrist strain, allowing for a more secure and natural squatting position. Its cambered design shifts the weight lower, enhancing balance and keeping the lifter in an optimal squat stance.

SPECIFICATIONS

Total Length: 81"
Inside Bar Length: 54"
Sleeve Length: 11 1/8"
Weight Capacity: 700 lbs
Weight: 51.8 lbs
Sleeve Diameter: 2" Olympic standard

Black Rubber Bumper Plates



Built for Performance: Whether you're a seasoned athlete or just starting your weightlifting journey, our Bumper Plates offer easy maintenance, long lasting finishes, and enhanced grip ability for increased safety. It's the ideal companion for squats, deadlifts, cleans, and more.

FEATURES

- White, easy-to-read lettering
- Clean, matte finish
- Strong, stainless steel collar insert
- Raised lip for easy transport
- Standard Olympic Diameter

SPECIFICATIONS

Diameter:

Olympic Standard 450mm/17.7"

Weight/Thickness:

- 10LB 1"
- 15LB 1.25"
- 25LB 1.9"
- 35LB 2.4"
- 45LB 3"

Insert: Stainless Steel

Durometer: 90

Color Bumper Plates



Color-coded for easy identification from a distance and built for performance, our color bumper plates will add a pleasing highlight to your facility and some extra excitement to your customers workout. It's the ideal companion for squats, deadlifts, cleans, and more.

FEATURES

- Embossed, easy-to-read lettering
- Clean, matte finish
- Strong, stainless steel collar insert
- Raised lip for easy transport
- Standard Olympic Diameter

SPECIFICATIONS

Diameter:

Olympic Standard 450mm/17.7"

Weight/Color/Thickness:

- 10LB GRAY/1"
- 15LB ORANGE /1.25"
- 25LB GREEN/1.9"
- 35LB YELLOW/2.4"
- 45LB BLUE /3"

Insert: Stainless Steel

Durometer: 90

Weight Plate



The Power Stream Change Plates are built for precise weight adjustments and consistent performance. Designed to fit all 2" Olympic bar sleeves, these compact plates make progressive overload simple and controlled. Durable, accurate, and easy to load — perfect for fine-tuning lifts and steady strength progression.

SPECIFICATIONS

Dimensions

Weight/Color/Diameter/Thickness:

- 1 LB Red 5.28" / 0.47"
- 1.25 LB White 5.31" / 0.47"
- 2.5 LB Green 6.14" / 0.55"
- 5 LB Blue 7.36" / 0.79"
- 10 LB White 8.94" / 1.02"

Rubber Olympic 4-Grips Plate



Encased in a rubber coating, each 25LB, 35LB, and 45LB plate features four grip holes around its circumference. These holes are precisely cut and positioned next to raised edges along the plate's perimeter, offering athletes a comfortable grip for easier transport and loading.

SPECIFICATIONS

Dimensions

Weight/Diameter/Thickness:

- 2.5LB 6.5" / 0.5"
- 5LB 7.25" / 0.75"
- 10LB 11" / 1"
- 25LB 12.75" / 1.5"
- 35LB 14.5" / 1.5"
- 45LB 15.5" / 1.7"

Material: Rubber



**More Grip.
More Control.
More Efficiency.**

Stop struggling with hard-to-handle plates.

Train with plates designed for safe loading, easy transport, and long-term durability.

Engineered with integrated grip handles, clear weight markings, and a rubber-coated finish, the Rubber Olympic 4-Grips Plate supports efficient, high-volume training in commercial environments.

Rubber Olympic 4-Grips Plate

Available in a full range of weights to support progressive strength training in both commercial gyms and performance facilities.



Rubber Olympic 4 - Grips Plate

Commercial-Grade Rubber-Coated Weight Plate

Encased in a durable rubber coating, the Rubber Olympic 4-Grips Plate is designed for efficient handling, safe loading, and long-term commercial use.

Each plate features precision-cut grip holes positioned around the perimeter, allowing for secure, comfortable handling during transport and plate changes.

Raised outer edges improve control when lifting plates from the floor or storage racks, while the rubber coating helps protect flooring and equipment in high-traffic training environments.

Available in a full range of weights to support progressive strength training in both commercial gyms and performance facilities.

SPECIFICATIONS

Dimensions

Weight/Diameter/Thickness:

2.5LB 6.5" / 0.5"

5LB 7.25" / 0.75"

10LB 11" / 1"

25LB 12.75" / 1.5"

35LB 14.5" / 1.5"

45LB 15.5" / 1.7"

Material: Rubber

Professional Rubber Coating

Reduces noise and impact while protecting floors and equipment.

2" Olympic Center Hole

Compatible with all standard Olympic barbells and plate-loaded equipment.

Easy-to-Read Weight Markings

Clearly molded weight indicators for fast identification during training.

Space-Saving Interlocking Profile

Flat, compact design allows for efficient plate stacking and storage.

Integrated Grip Handle Design

Grip handles available on 10LB, 25LB, 35LB, and 45LB plates for safe, controlled handling.

