



Home / Weightlifting Bars & Plates / Barbells / Men's 20KG Barbells / Rogue 45LB Ohio Power Bar - Black Zinc

# THE OHIO POWER BAR



45LB



BUSHING



29MM



U.S.A. MFG

Center Knurl

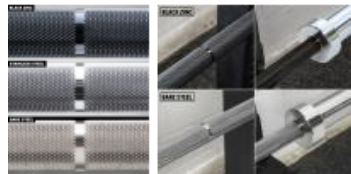
205K Tensile Strength

Powerlifting Knurl Marks

BLACK ZINC SHAFT / BRIGHT ZINC SLEEVES



Made At The Rogue Factory  
Columbus, Ohio U.S.A.



## GEAR SPECS

Brand [Rogue Fitness](#)

Made In USA Yes

Bar Type Men's Bars

Bar Use Powerlifting

## ROGUE 45LB OHIO POWER BAR - BLACK ZINC

★★★★★ 4.9 441 Reviews [Write a review](#)



ZEUS

Customize Your Barbell 

 Made In U.S.A.

## GEAR SPECS

Brand	<a href="#">Rogue Fitness</a>
Made In USA	Yes
Bar Type	Men's Bars
Bar Use	Powerlifting
Bar Weight	45LB
Diameter	29MM
Knurl	Powerlifting
Center Knurl	Yes
Knurl Marks	Powerlifting
Shaft Coating	Black Zinc
Bar Length	86.52"
Distance Between Sleeves	51.5"
Loadable Sleeve Length	16.25"
Sleeve Coating	Bright Zinc
Bushing/Bearing	Bushing
F Rating™	F8-R
Tensile Strength	205,000 PSI
Guarantee/Warranty	Lifetime Warranty*

## ROGUE 45LB OHIO POWER BAR - BLACK ZINC

Fully machined and assembled in Columbus, OH, the 29MM Rogue Ohio Power Bar features a 205,000 PSI steel shaft, single powerlifting knurl marks, and center knurling. The bar's knurl pattern is deep and coarse without being sharp or abrasive, and the 29MM shaft diameter and high tensile strength result in little to no flex or whip. This makes the Ohio Power Bar a perfectly honed workhorse for the bench, squat, and deadlift.

The 45LB Ohio Power Bar includes bronze bushings, a snap ring design, and 16.25" of loadable sleeve length.

### Browse More 45LB Ohio Power Bar Options:

- [Stainless Steel 45LB Ohio Power Bar](#)
- [Bare Steel 45LB Ohio Power Bar](#)
- [E-Coat 45LB Ohio Power Bar](#)
- [Cerakote 45LB Ohio Power Bar](#)
- [ZEUS Custom 45LB Ohio Power Bar](#)

## BLACK ZINC

★★★★★ 4.9 441 Reviews [Write a review](#)



# ZEUS

Customize Your Barbell [➔](#)

Made In U.S.A.

\$285.00

QTY 1



Add to Cart

+ Add to Wishlist

### FREQUENTLY BOUGHT TOGETHER



+



+



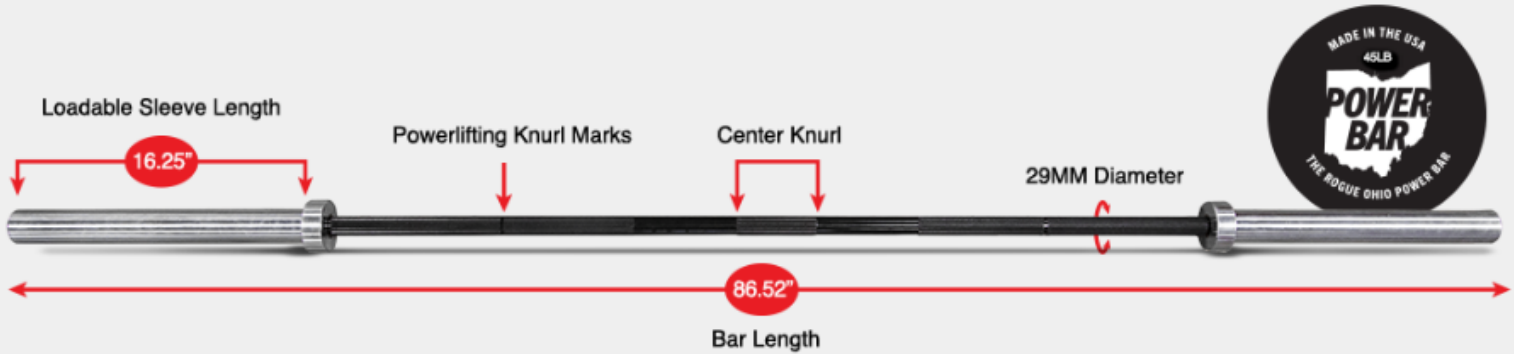
- This Item: Rogue 45LB Ohio Power Bar - Black Zinc **\$285.00**
- Rogue OSO Barbell Collars **\$49.95**
- Rogue Barbell Cleaning Kit **\$9.50**

Add All to Cart

Total Price: **\$344.45**

## Browse More 45LB Ohio Power Bar Options:

- [Stainless Steel 45LB Ohio Power Bar](#)
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- [Cerakote 45LB Ohio Power Bar](#)
- [ZEUS Custom 45LB Ohio Power Bar](#)



Made At The Rogue Factory  
Columbus, Ohio U.S.A.

## KEY FEATURES OF THIS OHIO POWER BAR:



### 1 205,000 PSI STEEL (200,000 PSI FOR STAINLESS)

The Ohio Power Bar's 29MM diameter steel shaft boasts a tensile strength of 205,000 PSI (200,000 PSI for Stainless), delivering superior rigidity and virtually zero whip/flex. Machined and assembled in Columbus, Ohio, the bar



### 2 AGGRESSIVE KNURL

The bar includes single powerlifting marks and a center knurl, each featuring a deep, coarse pattern that produces a reliable grip / stick without being sharp or abrasive. Perfecting this knurl pattern is both a science and an art. Every bar shaft is machined in Columbus on new Haas machines (built in the USA) and



### 3 BLACK ZINC FINISH

The Zinc option (black shaft, bright sleeves) provides excellent corrosion resistance, the [Bare Steel](#) creates a classic look and natural feel, and the new [Stainless Steel](#) variation (with Chrome sleeves) strikes a balance between the two. Depending on the look and feel you prefer, there is a version of the Ohio

**1 205,000 PSI STEEL (200,000 PSI FOR STAINLESS)**

The Ohio Power Bar's 29MM diameter steel shaft boasts a tensile strength of 205,000 PSI (200,000 PSI for Stainless), delivering superior rigidity and virtually zero whip/flex. Machined and assembled in Columbus, Ohio, the bar also features a snap-ring design and quality bronze bushings for a smooth, consistent feel.



**2 AGGRESSIVE KNURL**

The bar includes single powerlifting marks and a center knurl, each featuring a deep, coarse pattern that produces a reliable grip / stick without being sharp or abrasive. Perfecting this knurl pattern is both a science and an art. Every bar shaft is machined in Columbus on new Haas machines (built in the USA) and fine-tuned and personally tested by the Rogue team.



**3 BLACK ZINC FINISH**

The Zinc option (black shaft, bright sleeves) provides excellent corrosion resistance, the [Bare Steel](#) creates a classic look and natural feel, and the new [Stainless Steel](#) variation (with Chrome sleeves) strikes a balance between the two. Depending on the look and feel you prefer, there is a version of the Ohio Power Bar right in your wheelhouse.



**4 USE IT WITH THESE OTHER ROGUE PRODUCTS**

Ohio Power Bar owners can use this barbell in conjunction with a broad range of other top caliber Rogue powerlifting products, from the [Westside Bench](#) and [R-3 Power Rack](#) to [deadlift bar jacks](#), [Wagon Wheel plates](#), and [Calibrated Steel Plates](#).

**5 LIFETIME WARRANTY**

The Ohio Power Bar's quality construction is backed by Rogue's Lifetime Warranty against bending. This is a barbell equipped for high intensity, everyday use.

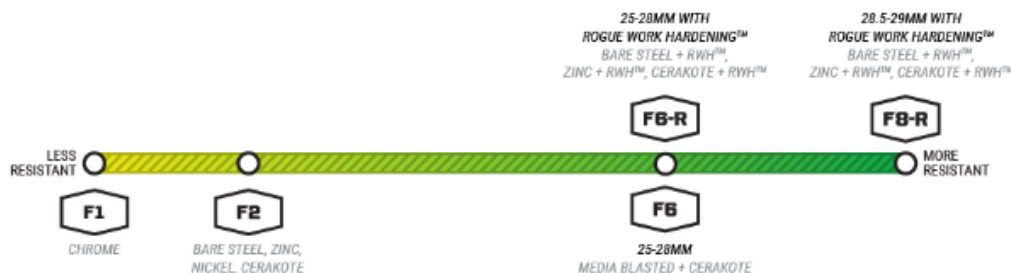
**\*Please Note:** The warranty does not cover damage due to negligent or faulty use, alteration, maintenance, storage or handling by the user, i.e., dropping the bar on a box, bench, spotter arms or pins in a power rack, excessive dropping with insufficient or damaged bumpers, or excessive dropping with iron plates, and similar usage. Any specific issues regarding a Rogue product with which a customer is not satisfied will be reviewed on a case-by-case basis.

**6 FAST ROGUE SHIPPING**

Orders placed by 3PM ship the same day. The [Rogue Shipping System](#) allows you to track your order from the time you place it to the time it hits your door. Order today, track today.

**F Scale™**

The F Scale™ is a durability scale for barbells based on functional testing at stresses similar to what barbells experience when being dropped from overhead. Bars that have been treated with Rogue Work Hardening (RWH™) are designated by having an R in their F Rating™. For more information on [F Scale™](#) [click here](#).



**Oxidation Rate**

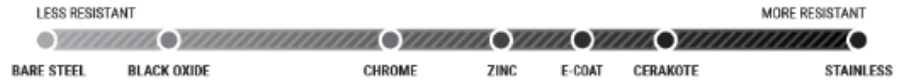
The resistance of a barbell to oxidation

overhead. Bars that have been treated with Rogue Work Hardening (RWH™) are designated by having an R in their F Rating™. For more information on [F Scale™](#) [click here](#).



### Oxidation Rate

The resistance of a barbell to oxidation depends on the type of steel and the coating. Barbells at the lower end of the spectrum will require more care and maintenance to preserve their appearance than barbells at the upper end of the spectrum.



**Please Note:** Like any fine piece of machined steel, a bare steel barbell will require some upkeep. Occasionally brushing the bar down with 3-in-1 oil or WD-40 will create a beautiful patina look. This is how bars were made for decades and it really does produce an unmatched feel.

*\*Warranty against bending does not cover any bar which has been damaged due to negligent or faulty use, alteration, maintenance, storage or handling by the user. Negligent or faulty use includes abusive dropping of the bar (i.e., dropping the bar on a box, bench, spotter arms or pins in a power rack, excessive dropping with insufficient or damaged bumpers, or excessive dropping with iron plates, and similar usage). Any specific issues regarding a Rogue product with which a customer is not satisfied will be reviewed on a case-by-case basis. We have found that most problems with bars we replace are related to abusive use rather than manufacturing or materials issues.*

### Browse More Power Bars Offered from Rogue:

- [20KG Ohio Power Bar](#) - Friction-welded sleeves and a greater loadable sleeve length than the 45LB bar
- [Westside Power Bar 2.0](#) - Co-developed with powerlifting legend and strength coach Louie Simmons
- [Ohio Deadlift Bar](#) - 27MM shaft and longer overall length makes this bar perfect for deadlifting
- [Ohio Deadlift Bar - Cerakote](#) - Durable & corrosion-resistant coating in exclusive color options
- [32MM Squat Bar](#) - 32MM fully-knurled shaft makes this bar perfect for squatting

### Specifications:

- Made in Columbus, OH, USA
- More aggressive knurling for powerlifting
- Center knurl for added "stick" to the back during squats
- 29MM Diameter and 205,000 PSI tensile strength for greater rigidity and reduced whip
- Bronze Bushings and Snap Ring Design for smooth spin
- Weight: 45LB
- Finish: Black Zinc Shaft / Bright Zinc Sleeves
- Lifetime Warranty against bending\*

+ Add to Registry

#RYOUROGUE

- Lifetime Warranty against bending\*

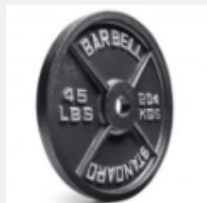
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# #RYOUROGUE

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VIEW GALLERY

## JUST FOR YOU



Rogue Olympic Plates  
\$105.00



Rogue Calibrated LB Steel Plates  
\$185.00



Rogue Calibrated KG Steel Plates  
\$182.00



Rogue Barbell Cleaning Kit  
\$9.50



RML-3 Rogue Monster Lite R-3  
\$755.50



Rogue 45LB Ohio Power Bar - Black  
\$285.00



Rogu Bend  
\$545.00

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## Reviews

Write a review

1-8 of 441 Reviews

Sort by: Most Recent ▾

**Kes1977**  
Phila., PA

**Kes1977**

★★★★★ · 7 days ago

### My baby!!!

Couldn't be more happy with this purchase. Cheap and fast shipping! This bar is a beauty! Perfect knurling for the big 3 lifts.

Yes, I recommend this product.

Originally posted on Rogue 45LB Ohio Power Bar - Cerakote

Helpful?

ThatsG

ThatsG

Yes, I recommend this product.

Originally posted on Rogue 45LB Ohio Power Bar - Cerakote

Helpful?  Yes · 0  No · 0

**ThatsG**

ThatsG

★★★★★ · 7 days ago

### Unbeatable value

Bare steel version. This bar feels amazing. The knurling is perfect. Aggressive but not sharp.

Yes, I recommend this product.

Originally posted on Rogue 45LB Ohio Power Bar - Bare Steel

Helpful?  Yes · 0  No · 0

**Andre18**

Salinas, CA

Andre18

★★★★★ · 10 days ago

### Best Bar for home gym

Great bar for powerlifting/bodybuilding home gym. Handles any weight you throw at it... Highly recommend

Yes, I recommend this product.

Helpful?  Yes · 0  No · 0

**Prithvi**

Centreville, VA

Prithvi

★★★★★ · 10 days ago

### Beautiful! Just love the way it looks!

I use the Ohio bar for practising the clean & jerk and snatch. Like to hear the sound it makes when bouncing it off my upper thigh.

Yes, I recommend this product.

Helpful?  Yes · 0  No · 1

**Dnd08**

New York, ny

Dnd08

★★★★★ · 12 days ago

### Amazing bar

I love the look and feel of this bar. Great for all powerlifting exercises. My only complaint is the black on the sleeves slowly strips from use. I would recommend buying the stainless steel if you want your bar looking brand new for longer.

Yes, I recommend this product.



Yes, I recommend this product.



Originally posted on Rogue 45LB Ohio Power Bar - Cerakote

Helpful?  Yes · 5  No · 0

**GeorgeForeman69**  
Wake Forest NC

GeorgeForeman69

★★★★★ · 14 days ago

### Best bar I've used

The knurling is perfect for me on the e-coat. Can't imagine how sharp it is on the stainless steel bar

Yes, I recommend this product.

Originally posted on Rogue 45LB Ohio Power Bar - E-Coat

Helpful?  Yes · 1  No · 0

**The Vike**  
Utah

The Vike

★★★★☆ · 17 days ago

### Solid bar, questionable coating

I was super excited to finally receive my Ohio Power Bar from Rouge, and for the most part, it's a great bar. I'm a little disappointed in the quality of the zinc coating, especially from Rouge. I know it's not the top of the line coating but also expected a bit more quality for a \$300ish bar. The sleeves are getting pretty beat up already and the coating seems to be wearing quite quickly, even though the bar is not metal to metal on the rack and I take care of my equipment really well. For the most part I'm happy with the bar and trust Rouge. For \$300 I expected a bit more.

Yes, I recommend this product.

Helpful?  Yes · 3  No · 0

**DA21**  
Connecticut

DA21

★★★★★ · 23 days ago

### Amazing Bar

I have a decent home gym and I've worked out at a lot of commercial gyms over the years. I wasn't sure how much of a difference a good barbell would make, so I always invested in other items. After getting the OPB in bare steel I can say that I've been missing out all these years. Between the knurl and the feel of the bar, not to mention how it dresses up my gym, I am so pleased. This is a great American company that puts out a product that is far superior to anything I've used in the past.



### Amazing Bar

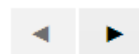
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Yes, I recommend this product.

Originally posted on Rogue 45LB Ohio Power Bar - Bare Steel

Helpful?

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## YOUR CART

1 Item



**Rogue 45LB Ohio Power Bar - Black Zinc**  
RA0586-BLBR

Qty\*

\$285.00

1

@ \$285.00


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
Subtotal (1 Items) **\$285.00**

**Est. Shipping & Tax** [United States](#)

Country\*

United States 

State\*

Sele 

Zip Code\*

Update

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Shipping & Handling **\$—.**

Total Before Tax **\$285.00**

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### CUSTOMERS ALSO BOUGHT THESE PRODUCTS



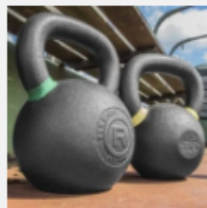
Rogue Vertical Bar Hanger  
**\$32.50**



Rogue Barbell Cleaning Kit  
**\$9.50**



Rogue 45LB Ohio Power Bar - Black  
**\$285.00**



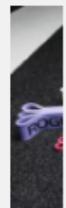
Rogue Kettlebells  
**\$25.00**



Rogue Adjustable Bench 2.0  
**\$545.00**



Rogue Echo Bike  
**\$775.00**  
~~\$795.00~~



Rogu Band  
**\$15.7**



## CUSTOMERS ALSO BOUGHT THESE PRODUCTS



Rogue Vertical Bar Hanger

\$32.50



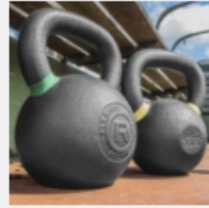
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Rogue 45LB Ohio Power Bar - Black

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Rogue Kettlebells

\$25.00



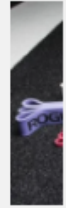
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Rogue Band

\$15.7



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