Eleiko Weightlifting Technique Plate

5 kg

Our unique full-size technique discs are ideal for beginner and youth lifters. They feature a proprietary rigid plastic, hollow design and moulded construction to ensure discs are quiet in use and last a long time. The distinctive design includes a deep rimmed edge facilitating a firm grip for easy and safe handling, bar loading and unloading. The collection is available in stylish matte colours and pairs perfectly with our 5 kg and 10 kg Technique Bars. Discs are sold individually.

Features

Designed for
Developing and practising technique

Easy Weight Identification
Stylish matte colour scheme allows for easy weight identification

Quiet and Long Lasting
Proprietary blend of recycled plastics is quiet in use and exceptionally durable

Back to Basics
Lightweight lifting enables focused technique work and appropriate progression.

Deep Rimmed Edge
Wide deep rim around disc perimeter ensures a solid grip and secure handling

Specifications

Unit of measurement
Sold individually

Article code
3002565-01

Height
101 mm / 3.98 in.

Weight
5 kg / 11.02 lbs

Warranty
2 years

Colour
White

Diameter
450 mm / 17.72 in.

RAISE THE BAR

ELEIKO