



# 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

**Warranty**  
2 years

**Article code**  
3002565-01

**Colour**  
White

**Height**  
101 mm / 3.98 in.

**Diameter**  
450 mm / 17.72 in.

**Weight**  
5 kg / 11.02 lbs

