



# Eleiko Technique Plates

## LBS

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.

### Features

#### Designed For

Developing and practising technique

#### Deep Rimmed Edge

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

#### 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.

#### Easy Weight Identification

Stylish matte colour scheme allows for easy weight identification

### Specifications

#### Unit of measurement

Sold individually

#### Diameter

450 mm / 17.72 in.

#### Height

101 mm / 3.98 in.

#### Weight

4,54 kg / 10.01 lbs

#### Warranty

2 years

