



Eleiko IWF Weightlifting Technique Plates

The IWF certified version of our full-size technique disc is meticulously constructed and carefully calibrated to ensure we deliver a precise technique disc. The discs are calibrated to within +10/-0 grams and feature an IWF logo imprint on the disc face. Proprietary rigid plastic, hollow design and moulded construction ensure discs 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 and comes in two stylish matte colours. Discs are sold individually.

Features

Designed For

Competitive weightlifting

Certified

Plates are certified by the IWF for technique work

Deep Rimmed Edge

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

Easy Weight

Allows emphasis to stay on form and building muscle memory

Easy Weight Identification

Stylish matte colour scheme allows for easy weight identification

Specifications

Unit of measurement
Sold individually

Height
101 mm / 3.98 in.

Weight
5 kg / 11.02 lbs

Warranty
2 years

Diameter
450 mm / 17.72 in.