

# Eleiko IWF Change Plate

0.5 kg FG

- ✓ IWF Competition Certified
- ✓ Friction Grip
- ✓ Calibrated to -0/+10g

The friction grip version of the Eleiko IWF Change Plates are designed specifically for competition use, they allow for quick load changes as the plates fit securely to the outside of the collars and won't budge during lifts. Each plate nests within the size above it so they take up less space on the bar. Plates are coloured for quick identification.



## Features

### IWF Certified

Plates are certified by the IWF for competition for smaller weight adjustments placed outside barbell collars.

### Minimalistic Design

Colour coded for easy weight identification and minimised loading errors. Clear weight markings in bold white lettering. Plates can be customized with a decal.

### Friction Grip

Ensures plates stay secure on the bar when loaded outside of collars.

### Nestable and Compact

Each plate size nests within the one above it for a snug and secure fit that takes up less space on the barbell sleeve.

## Specifications

### Unit of measurement

Sold individually

### Article code

3085262-0005

### Length

127 mm / 5 in.

### Width

127 mm / 5 in.

### Height

16 mm / 0.63 in.

### Weight

0,5 kg / 1.1 lbs

### Warranty

5 years

### Diameter

127 mm / 5 in.

### Certification

IWF

