

# Eleiko IWF Change Plate

1 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.



## Funktioner

### IWF Certified

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

### Minimalistisk 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.

### Friktionsgreb

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

### KAN INDSÆTTES OG ER KOMPAKT

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

## Specifikationer

### Måleenhed

Stykvis

### Artikelnummer

3085262-0010

### Længde

148 mm / 5.83 in.

### Bredde

148 mm / 5.83 in.

### Højde

19 mm / 0.75 in.

### Vægt

1 kg / 2.2 lbs

### Garanti

5 år

### Diameter

148 mm / 5.83 in.

### Certificering

IWF

