



Eleiko Grip Plate Rubber

20kg

- ✓ For Versatile Training
- ✓ Ergonomic Grip Holes
- ✓ Three Plate Sizes

Ideal for general strength training and use with plate loaded strength machines, Eleiko Grip Plates feature a solid iron core covered in rubber with symmetric, ergonomic grip holes for easier plate handling and loading.

Features

Ergonomic Grip

Integrated symmetric grip holes are comfortable for a wider range of users and allow for hand-held weighted strength movements.

Designed for Deadlifts

The largest plate (20kg/45lb) is full-size and designed to handle deadlift drops, delivering a wider usage in a facility.

Compatibility

The grip plates are well suited for barbell training and with plate-loaded strength machines

Durable Rubber

Durable rubber coating withstands high volume usage and is gentle on surrounding equipment and platforms.

Three Sizes

Moulded weight markings and varied plate diameters make each plate size easily identifiable. Available in kg and lb.

Specifications

Unit of measurement
Sold individually

Warranty
3 years

Article code
3085671-20

Diameter
450 mm / 17.72 in.

Width
35 mm / 1.38 in.

Weight
20 kg / 44.09 lbs