

# Eleiko Grip Plates

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

**Width**  
35 mm / 1.38 in.

**Weight**  
20 kg / 44.09 lbs

**Warranty**  
3 years

