

# Eleiko IWF Weightlifting Training Weight Set

190 kg, men, RC

The Eleiko IWF Weightlifting Training Weight Set brings together certified components for competition-level training in one complete set. It includes an IWF Weightlifting Training Bar, Eleiko Weightlifting Training Plates from 25 to 10 kilograms, rubber-coated Training Change Plates from 0.5 to 5 kilograms, and a pair of Eleiko Competition Collars — built for serious lifters preparing for the platform.



## Features

### Designed for

Training for competitive level weightlifting

### Certified

Certified by the IWF for training

### Conveniently Collected

Set packages training bar, plates and collars for convenience

## Specifications

### Article code

BD-1-460

### Certification

IWF

