



Eleiko IWF Weightlifting Friction Grip Competition Plates

Eleiko's IWF Olympic Weightlifting Friction Grip Competition Change Plates feature our innovative proprietary friction grip solution. The friction plates allow for swift load changes as the discs fit securely to the outside of the collars and won't budge during lifts. Discs are sold individually.

Features

Designed For

Smaller weight increases in competition environments

Friction Grip

Ensures plates won't fly off bar even when loaded outside of collars

Colour Coded

For easy weight identification and minimised loading errors

Certified

Plates are certified by the IWF for competition

Micro Increases

Weight ranges from .5 kg – 2 kg for when lifts call for small weight adjustments

Specifications

Unit of measurement
Sold individually

Height
19 mm / 0.75 in.

Weight
2 kg / 4.41 lbs

Warranty
5 years