



# 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