



Eleiko IWF Weightlifting Competition Plate

20 kg

- ✓ IWF Competition Certified
- ✓ Exceptional durability
- ✓ Patented ImpactDISC

Eleiko IWF Competition Plates set a new standard for performance and durability utilizing our proprietary SBR rubber, a new patented design which distributes impact force, and precision engineered zinc-plated steel hubs. The plates are thinner to support heavier lifts and designed with a rounded edge for easier handling.

Features

IWF Certified

Approved by the International Weightlifting Federation for competition use, verified by IWF logo.

Record Setting Lifts

Redesigned with a thinner profile to support athletes with record setting lifts.

Easier to Handle

A bigger edge radius makes it easier to pick up the plate from the platform or floor and the grooved rim supports a firm grip for better handling.

Unmatched Durability

The new patented design and construction drastically improves plate longevity.

Plate Specifications

The plates measure 450mm in diameter with a 50.5mm (+/-0.05) centre hole for a precise and secure fit on the bar sleeve and are calibrated to IWF specifications.

Specifications

Unit of measurement
Sold individually

Height
50 mm / 1.97 in.

Certification
IWF

Article code
3085231-20

Weight
20 kg / 44.09 lbs

Length
450 mm / 17.72 in.

Warranty
10 years

Width
450 mm / 17.72 in.

Diameter
450 mm / 17.72 in.

