



# Eleiko IWF Weightlifting Training Plate

20 kg

- ✓ Exceptional durability
- ✓ Patented ImpactDISC
- ✓ IWF Certified for Training

Eleiko IWF Training Plates set a new standard for performance and durability utilizing our proprietary SBR rubber, a new patented design that 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 training, verified by IWF logo.

### Record Setting Lifts

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

### Unmatched Durability

The new patented design and construction drastically improves plate longevity.

### 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.

## Specifications

**Unit of measurement**  
Sold individually

**Height**  
50 mm / 1.97 in.

**Certification**  
IWF

**Article code**  
3085440-20

**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.

