



Designed For

Smaller weight increases in competition environments

Certified

Plates are certified by the IWF for competition

Friction Grip

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

Micro Increases

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

Colour Coded

For easy weight identification and minimised loading errors

Calibrated and Certified

Swift Micro Increases and Weight Changes in Competition

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.

RANGE (KG): 0,5 / 1 / 1,5 / 2

Warranty

5 years*

* To be dropped on 30 mm-thick rubber flooring (training platform recommended by Eleiko). Indoor use only. Normal wear and tear does not fall under warranty.