



Designed For

Developing and practising technique

Back to Basics

Lightweight lifting enables focused technique work and appropriate progression.

Easy Weight Identification

Stylish matte colour scheme allows for easy weight identification

Deep Rimmed Edge

Wide deep rim around disc perimeter ensures a solid grip and secure handling

Quiet and Long Lasting

Proprietary blend of recycled plastics is quiet in use and exceptionally durable

Strong Foundations

Perfecting Technique Sets the Stage for Big Lifts

Our unique full-size technique discs are ideal for beginner and youth lifters. They feature a proprietary rigid plastic, hollow design and moulded construction to ensure discs are quiet in use and last a long time. The distinctive design includes a deep rimmed edge facilitating a firm grip for easy and safe handling, bar loading and unloading. The collection is available in stylish matte colours and pairs perfectly with our 5 kg and 10 kg Technique Bars. Discs are sold individually.

Article code

3002565-01

Height

101 mm / 3.98 in.

Weight

5 kg / 11.02 lbs

Warranty

2 years*

Colour

White

Diameter

450 mm / 17.72 in.

* 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.