



**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.