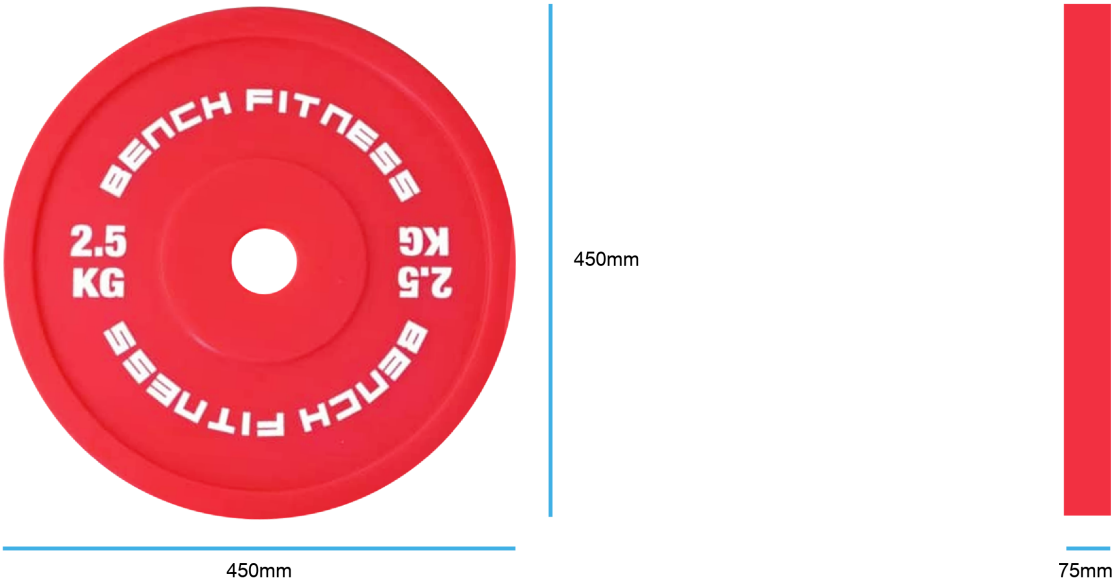
2.5kg Technique Plates Pair



Description

Starting out in weightlifting or are you teaching others?
Our new Bench Fitness 2.5kg Technique plates are 450mm in diameter allowing younger or new athletes to have correct starting pulling position unlike if smaller change plates are used.
Made from a super durable polyethylene plastic and are 75mm thick.

Features

- Lightweight to focus on technique
- Super durable polyethylene compound

Specifications

Material:	Polyethylene Plastic
Length:	450mm
Height:	450mm
Width:	75mm
Weight:	2.5kg (+/- 30g)