



# Eleiko IWF Weightlifting Competition Plate

20 kg

- ✓ IWF Competition Certified
- ✓ Exceptional durability
- ✓ Patented ImpactDISC

Eleiko IWF Competition Plates set a new standard for performance and durability utilizing our proprietary SBR rubber, a new patented design which 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 competition use, verified by IWF logo.

### Record Setting Lifts

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

### 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.

### Unmatched Durability

The new patented design and construction drastically improves plate longevity.

### Plate Specifications

The plates measure 450mm in diameter with a 50.5mm (+/-0.05) centre hole for a precise and secure fit on the bar sleeve and are calibrated to IWF specifications.

## Specifications

**Unit of measurement**  
Sold individually

**Height**  
51 mm / 2.01 in.

**Certification**  
IWF

**Article code**  
3085231-20

**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.

