

## 5KG PAIR TRI GRIP WEIGHT PLATES RUBBER COATED EZY HANDLES

The Rubber Tri-grip weight plates are the ideal training aid for all types of workouts.

Some people prefer to use weights plates for aerobic training to increase the resistance to regular cardio exercises whilst others do weight exercises that can enhance muscle strength of various parts of the body.

Offering extremely great value for money, they are superb quality weights encased in durable, heavy-duty rubber to prevent scuffing or damage to equipment, walls or floors. They are impact resistant so will not split, crack or peel if dropped. They are also impervious to rusting, chipping, flaking or losing colour.

Spec:

Sale is for 2 x 5kg Weight Plates  
Tri-Grip Handles on all heavier plates  
Full commercial gym use  
Rubber Coated  
One-piece forged construction  
Price indicated per kg of plates