

TECHNIQUE PLATES KG/LB

FROM ONE STAGE
TO ANOTHER

TRUE STRENGTH 



TRUE STRENGTH
KNOWS WHAT'S ESSENTIAL

IWF CrossFit®

COREDELUXE®
UNITED BY FITNESS
CROSSFIT

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COREDELUXE

COREDELUXE



COREDELUXE TECHNIQUE PLATES

PRODUCT OVERVIEW

CoreDeluxe Technique Plates are constructed from a high-density polyethylene (HDPE) plastic, CoreDeluxe Technique Plates have the same 450mm outside diameter as standard full-size Olympic bumper plates, but in a much lighter, more manageable weight range: 2.5 & 5 KG, 5 LB & 10 LB. This enables beginner or rehabbing athletes to practice their starting movements from the proper height off the ground (whether it be clean, snatch, or even deadlift) before transitioning to actual bumpers. CoreDeluxe Technique Plates make a great complement to our line of exclusive Technique and Junior Barbells. They're also easy for anyone to load/unload due to their light weight and a grip-friendly raised lip.

Virgin Rubber

100% virgin rubber

100% virgin rubber with no smell or odd which affect human body or healthy.

Accurate Weight

+/- 10 Grams

The weight tolerance of CoreDeluxe IWF competition bumper plates could be within +/- 10 Grams.

High-level customization

Customization allowed

High-level customized and being capable to use as Crossfit Game Plates.

Features

1. CoreDeluxe technique plates are produced for learning the right technique, and ideal for learning the correct technique for Olympic weight lifting or power lifting.
2. CoreDeluxe technique Plates are these lightweight weight plates made of sturdy plastic are suitable for beginners, young people, athletes who want to improve their shape and for rehabilitation after an injury .
3. CoreDeluxe technique Plates are also perfect for trainers and coaches to safely learn new movements or to assess an athlete's progress. These technique weight plates have a standard diameter of 450mm (just like standard Olympic weight plates) and are suitable for almost all Olympic weight bars..
4. CoreDeluxe technique plates are for beginners, young people, shape improvement, rehabilitation etc, and Made in Xiamen P.R.C from high-quality and robust polyethylene plastic. Collar open hole of 50 mm, suitable for Olympic barbell bars.
5. IWF Standard, Quality, IWF Standard and quality give you best Olympic feeling.
6. CoreDeluxe technique plates are the high-quality plastic has been tested free from harmful substances according to REACH and very precise in weight with a tolerance of only +/-10 grams. Available in four different weights.

PRODUCT SHOW

2.5KG

IWF Technique Plates



Material:	HDPE
Hardness:	95 Shore A
Weight tolerance:	+/- 10 Grams
Collar opening:	50.4+-0.1mm
Color:	Red
Thickness:	82mm
Diameter:	450mm
Construction:	High-Density Polyethylene
Country of origin:	Xiamen, P.R.C

5.0KG

IWF Technique Plates



Material:	HDPE
Hardness:	95 Shore A
Weight tolerance:	+/- 10 Grams
Collar opening:	50.4+-0.1mm
Color:	White
Thickness:	100mm
Diameter:	450mm
Construction:	High-Density Polyethylene
Country of origin:	Xiamen, P.R.C



ANOLYMPICSIZE

IWF

IWF STANDARDF OF TECHNICAL
TRAINING



Circulating material

5.0LB

IWF Technique Plates



Material:	HDPE
Hardness:	95 Shore A
Weight tolerance:	+/- 10 Grams
Collar opening:	50.4+-0.1mm
Color:	Red
Thickness:	88mm
Diameter:	450mm
Construction:	High-Density Polyethylene
Country of origin:	Xiamen, P.R.C

10LB

IWF Technique Plates



Material:	HDPE
Hardness:	95 Shore A
Weight tolerance:	+/- 10 Grams
Collar opening:	50.4+-0.1mm
Color:	White
Thickness:	100mm
Diameter:	450mm
Construction:	High-Density Polyethylene
Country of origin:	Xiamen, P.R.C