

CROSS TRAINING BUMPER PLATES.



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BUILT FOR **CROSS TRAINING, LIFTING**
AND TO WITHSTAND EVEN THE **TOUGHEST WOD.**

BUILD AND HARDNESS.

10kg/22 lbs

All natural rubber.

15kg/33 lbs, 20kg/44 lbs,
Synthetic and natural rubber core.
Natural rubber outer.

Shore A Hardness: **65**

Colour: **Black.**

Made in China.

Warranty: 1 year.

DIMENSIONS.

Plate Diameters:
450mm/17.7"

Internal diameter:
50.5mm/2"

Plate width:
10kg - 58mm/2.3"

15kg - 80mm/3.1"

20kg - 102mm/4"



CLUB BENEFITS.

- **Good bounce** reduces noise in the club.
- **Versatile plate** suitable for Olympic Lifting and Cross Training.
- **Drop tested 5,000 times** to ensure durability.

PT BENEFITS.

- Perfect plate to **introduce clients to Olympic Lifting.**
- **Use for strength stations** in circuits, WODs and cross training.

USER BENEFITS.

- Recessed finger grips help for **easy weight changes.**
- **Optimum bounce for novice lifters.**
- **Dual weighted.**



LESS DENSE
compared to Competition Bumper Plates offering increased bounce to protect bars, plates and flooring.



EMBOSSED BRANDING AND WEIGHT INDICATIONS add to the sleek design of these bumper plates and makes weight selection quick and easy.



All plates have a **STAINLESS STEEL CENTRAL BORE.**

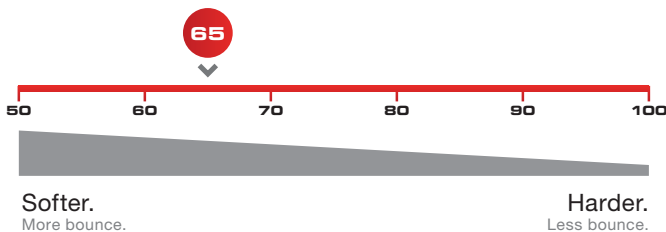


USE THE CROSS TRAINING bumper plates for loading the Quad Sled or Torso Trainer.



TO KEEP THE CROSS TRAINING BUMPER PLATES IN TOP CONDITION, they should be used on specialist free weight flooring like Escape's Flexi-Tuf, Free Weight Tile or Lift Zone.

HARDNESS SCALE.

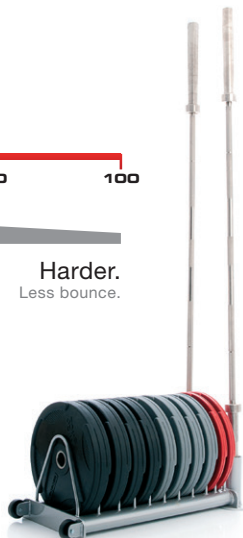


Use the Competition Bumper Plates with the Lift Zone.



STORAGE.

Use the Toast Rack and Bar Holder to store the Cross Training Bumper Plates.



VIDEO COMING SOON.