



1.25kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-236-AAA

Diameter	20cm	7 7/8"
Width	1.8cm	1 1/16"
Weight	1.25kg	2.8lbs.



10kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-239-AAA

Diameter	35cm	13 3/4"
Width	4cm	1 9/16"
Weight	10kg	22lbs.



20kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-241-AAA

Diameter	38.5cm	15 3/16"
Width	5cm	2"
Weight	20kg	44.1lbs.



2.5kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-237-AAA

Diameter	22.5cm	8 55/64"
Width	2.8cm	1 7/64"
Weight	2.5kg	5.5lbs.



15kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-240-AAA

Diameter	35cm	13 3/4"
Width	4.8cm	1 7/8"
Weight	15kg	33.1lbs.



25kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-242-AAA

Diameter	43.5cm	17 1/8"
Width	5.2cm	2 1/16"
Weight	25kg	55.1lbs.



5kg (Black) Tri-Grip Rubber Covered Olympic Plate\*

SKU: 38-238-AAA

Diameter	25.5cm	10 1/16"
Width	4cm	1 9/16"
Weight	5kg	11lbs.

## Description

The Pulse Fitness standard Tri-Grip Olympic Plates are available in a range of 7 weights from 1.25kg to 25kg. Each heavy-duty plate is rubber covered with a matte finish and zinc-coated steel centre. The Tri-Grip design allows for effective holding and changing of weights between lifts. **\*All Plates sold individually, not as a pairs.**

Actual product specifications may differ due to manufacturing requirements Pulse Fitness reserve the right to make changes to its products and services, where it considers necessary.