Tip Top Sports Fgura
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Printed on : October 18, 2026

ENP OLYMPIC RUBBER GRIP PLATE 1.25KG

SKU: TT19109
4.40 €

Stock: Out Of Stock
Categories: Fitness, Plates Olympic Weights, Weights & Attachments

PRODUCT DETAILS

The ENP Olympic rubber grip plate is a high-quality fitness accessory designed to enhance your weightlifting and strength training routines. Built to withstand rigorous use, this **1.25kg** plate is a perfect addition to any Olympic barbell, providing a versatile and reliable option for incremental weight adjustments. The plate features a durable rubber coating that not only protects your floors and equipment but also provides a comfortable and secure grip, allowing for easy handling during exercises.

Key Features:

1. **Durable Construction**: Crafted from solid cast iron, the plate offers long-lasting durability and can endure intense workouts over time.
2. **Rubber Coating**: The thick rubber coating minimizes noise and impact when the plates

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are dropped, making it an ideal choice for home gyms or commercial fitness facilities.
3. **Olympic-Sized**: The plate is designed to fit Olympic-sized barbells, ensuring compatibility with standard Olympic weightlifting equipment.
4. **Secure Grip**: The rubber-coated surface offers a secure grip, allowing for safer and more confident lifts and movements.
5. **Incremental Adjustments:** With a weight of 1.25kg, this plate is perfect for making small weight adjustments to your lifting routine, helping you progress steadily and effectively.
6. **Versatile Training:** Suitable for a wide range of exercises, including weightlifting, strength training, bodybuilding, and functional fitness workouts.
7. **Distinct Markings:** Clear weight markings ensure easy identification and selection of the appropriate weight during workouts.

Exercise Benefits:

1. **Progressive Overload:** The ENP Olympic rubber grip plate allows you to progressively increase the intensity of your workouts by making small weight adjustments. This promotes muscle growth and strength gains over time.
2. **Compound Movements:** Incorporating these plates into exercises like squats, deadlifts, bench presses, and overhead presses challenges multiple muscle groups, helping you build overall strength and improve muscle coordination.
3. **Muscle Definition:** By incorporating the plates into isolation exercises like bicep curls, tricep extensions, and lateral raises, you can target specific muscle groups for improved muscle definition and sculpting.
4. **Core Stability**: Performing exercises such as Russian twists, planks, and wood chops with the Olympic rubber grip plate engages your core muscles, enhancing stability and balance.
5. **Functional Fitness**: These plates are excellent for functional fitness routines that emphasize full-body movements, helping you develop real-world strength and coordination.
6. **Reduced Impact:** The rubber coating on the plates absorbs impact and reduces noise, making them suitable for home gyms or shared fitness spaces.
7. **Improved Grip Strength:** The textured rubber surface challenges your grip strength during exercises, contributing to better forearm and hand strength.
8. **Versatile Workouts:** From circuit training to HIIT workouts, these plates can be used in various training styles to keep your routines diverse and engaging.

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BRAND

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Net Weight	1.25 kg