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Printed on : November 22, 2026



ENP OLYMPIC RUBBER PLATE PRO 20KG

SKU: TT15973
85.00 €

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

PRODUCT DETAILS

The ENP Professional 20kg Olympic plate is one of the standard plate sizes used in these sports. It is made of cast iron rubber coated and has a central hole that fits Olympic-sized barbells with a 50mm diameter.

Exercise Benefits:

Strength and Muscle Building: Using 20kg Olympic plates allows you to progressively overload your muscles, promoting strength gains and muscle hypertrophy. Compound exercises like squats, deadlifts, and bench presses with heavier weights can stimulate greater muscle activation and growth.

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Functional Strength: Olympic plate exercises often involve multiple muscle groups, mimicking real-life movements. This leads to improved functional strength, making daily activities and sports performances easier and more efficient.

Power Development: Explosive exercises like clean and jerk or snatches, using 20kg Olympic plates, are excellent for power development. These movements require rapid force production, helping athletes improve their explosiveness and athleticism.

Core Stability: Many Olympic plate exercises, such as overhead presses and lunges, require significant core engagement to maintain stability. As a result, using 20kg plates can strengthen your core muscles and enhance overall stability.

Balance and Coordination: Performing various exercises with 20kg Olympic plates demands proper balance and coordination. This helps to improve your neuromuscular control and overall body awareness. Fat Burning and Weight Loss: Engaging in intense Olympic plate workouts can lead to a high-calorie burn, aiding in fat loss and weight management when combined with a balanced diet.Bone Density: Resistance training with heavy Olympic plates can positively impact bone density, reducing the risk of osteoporosis and other bone-related issues.

Mental Focus and Discipline: Lifting heavy weights requires mental focus and discipline. Regularly using 20kg Olympic plates can help develop mental strength and perseverance.

Exercises that can be performed with 20kg Olympic plates include squats, deadlifts, bench presses, overhead presses, lunges, clean and jerks, snatches, bent-over rows, and more. As with any exercise, it's essential to use proper form and technique to maximize the benefits and reduce the risk of injury. If you're new to weightlifting or unsure about your abilities, consider seeking guidance from a qualified fitness trainer.

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Net Weight	20 Kg