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TOORX CAST IRON TRI-GRIP WEIGHT PLATE 20 KG

SKU: TT18910
88.00 €

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

ADDITIONAL INFORMATION

Size	20 Kg

PRODUCT DETAILS

Toorx Cast Iron Tri-Grip Weight Plate 20 Kg
These Toorx Olympic weight plates are made of heavy-duty iron. The plates won't bend or break

when dropped and are perfect for your home or commercial gym. Suitable for Olympic barbells, these weight plates come with a 50mm diameter hole.

The unique Tri-Grip design allows for easier handling when loading and unloading, additionally, this allows users to perform multiple exercises such as lateral raises or overhead tricep extensions without the need to use a dumbbell or a machine.

Key Features:
 Built-in handles
 Olympic
 Cast iron

Benefits Of The Product:
Free weight training has been scientifically proven multiple times that it is super beneficial for both your physical and mental health. There are multiple training routines with weight plates, dumbbells and other forms of free weights.

Training with free weights force you to use your muscles in a way that stabilises movement. This helps you build strength, power and coordination than if you where to use a machine that limits your movement to a restricted path.

BRAND

TOORX

TOORX
PROFESSIONAL LINE