

TOORX
PROFESSIONAL LINE



TOORX CHALLENGE WEIGHT PLATE 5 KG

SKU: TT18603

26.00 €

Stock: In stock

Categories: [Fitness](#), [Plates Olympic Weights](#), [Weights & Attachments](#)

ADDITIONAL INFORMATION

Color	White
Size	5 Kg

PRODUCT DETAILS

Toorx Challenge Weight Plate 5 Kg

Olympic rubber weight plates, with a 50mm diameter hole. The plates feature a stainless steel bushing for easier loading and unloading. The weights are color-coded by specific colors which complies with the regulations of the international Weight Lifting Federation.

Key Features:

- Olympic
- Rubber

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.

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