



# VIGOR ADDON CHANGE PLATE

SKU: ACP



## PRODUCT DESCRIPTION

Vigor Addon Change Plates feature a unique twist-on design that allows them to be opened up at one end and securely attached to the grip/handle of a dumbbell, kettlebell, or fixed weight barbell (they will NOT fit on the sleeve of a standard barbell). This simple innovation makes it far easier for athletes, regardless of skill level, to push for constant gains through measured, micro progressions—without having to sacrifice technique.

Size of each plate: 14 x 13.5 x 2.5cm

## USAGE

### DUMBBELL

Using 0.5kg pair, you can micro load dumbbell weight in increments of 1kg.

Using 1kg Pair, you can save cost and space, as you will not need so many pairs of different size fixed dumbbells. For example, a 10kg fixed weight dumbbell can double as 12kg with this addon.



### KETTLEBELL

Using 0.5kg pair, you can micro load kettlebell weight in increments of 1kg.

Using 1kg Pair, you can save cost and space, as you will not need so many pairs of different size fixed kettlebells. For example, a 6kg fixed weight kettlebell can double as 8kg with this addon.





## CABLE WEIGHT STACK

Usually the weight stack on the cable machine is about 5-6kg per piece. With this addon change plate, you can do smaller increments before jumping to the next plate.



## BARBELL / SMITH MACHINE

This can be loaded onto the handle of barbell for micro loading of weights.

