20KG OLYMPIC WEIGHT PLATE

SKU: WO-16





PRODUCT DESCRIPTION

Advantage of using an Olympic weight set over a standard set is that the Olympic set supports much heavier weights. This will allow a serious lifter to use the same bar as he progresses to lifting heavier weight. Another major advantage is the independently rotating sleeves. By allowing the plates to rotate freely on their own axis, the torque from the sleeves can't transfer into the bar, making the weights easier to control and helping to avoid abrasions the hands from the bar's grip.

ADDITIONAL INFORMATION

More Information

Warranty	1 Year