



PushYourself

Commercial Equipment / Strength Training / Free Weights

VIVA Force Solid Olympic Plates

Specifications

Viva Fitness Force Solid Olympic Weight Plates are made for everyday gym use. Whether you're training on a smith machine, power cage, squat racks or other free weight exercise movements, changing your plates is effortless as Force Plates have ergonomic, Grip handles making your training safer and more efficient. Perform your squats, bench press and any other free-weight exercise effectively, efficiently and safely with the Force Rubber Coated Olympic Weight Plates.

- Made from high grade virgin rubber for long life.
- Tear proof, soundless & bouncy effect.
- Protect against damage to the floor or other equipment
- Individual Plates are available in sizes are :- 1.25, 2.5, 5, 7.5, 10, 15, 20, 25 (Kgs).





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