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Coloured bumper plates australia

MA1 stocks a range of Olympic bumper plates in 3 different qualities to suit your gym needs and budget. Choose and choose your set or buy the 150kg set. Available in black or coloured, our bumpers are available in standard sizes 5kg, 10kg, 15kg, 20kg or 25kg. Ships Australia wide or feel free to arrive at our warehouse in Dandenong for free pick-up. Remember, we sell directly to the public, but if you're in the fitness industry, do inquire about our wholesale bills for further discounts on our already great prices! Home - Bumper Plate Premium Colour - 150KG Pack What would a gym be without bumper plates? RAW's Bumper Plates are made with 100% virgin rubber and a expertly designed stainless steel eye that remains sealed and safe. RAW's Bumper Plates are in the choice of Premium Black or Olympic Coloured and complete with embossed numbering and logo. Sold as: 5, 10, 15, 20 & 25KG pairs Available in Premium Black or Olympic Colours Plate Thickness: 5kg – 24mm 10kg – 42mm 15kg – 57mm 20kg – 76mm 25kg – 93mm. Material: Virgin Rubber Embossed Weight Identification Stainless-Steel Insert: Outer – 450mm Inner – 50.6mm (+/-0.2mm) Hardness: 85° (+/-5°) Suitable for Indoor & Outdoor Use Non Toxic IWF Standard Commercial Grade These plates have a 2019 shape and design. Due to its popularity, our R&D team has updated our mould and design for 2020 here. style=width: 90%; Padding: 50px 15px> Use left/right arrows to navigate through the slide show or swipe left/right when you use a mobile device when performing the Olympic lifts - grist and cleans and shocks will invariably involve dropping the barbell from height. You will also do controlled drops when attempting a heavy deadlift. This is specialty lifting and requires specialty gym equipment. Bumper plates are designed to be dropped. Traditional weight plates made of cast iron are not designed for this type of lifting. These cast iron plates will wreak havoc on your barbell and floors. Bumper plates are made of solid rubber that creates shock absorption. Break Records Not Your Gym EquipmentIf you have been following a basic weight training program for a while and have built up a solid baseline of strength it might be time to add some variety to your training. The Olympic lifts are very advanced, so I don't recommend these unless you get shown how to do them properly. Deadlifts on the other hand are a lot easier to pick up and are recognized as one of the best exercises for building brute force. This is when it's time to invest in some rubber plates. Unlike cast iron plates, bumper are all the same diameter (IWF standard of 450 mm). A 5kg bumper plate has the same diameter as a 25kg bumper plate. Why is this important? First, it gets the barbell at the right starting height, no matter what weight you start with. Weight weight diameter determines how far from the floor the barbell is. If you use normal 10kg plates you would have to bend over further than using bumper plates. By starting at the right height, regardless of the weight on the barbell, you really focus on the shape of the different lifts. The other reason why the default diameter is important is that it expands the bearing space. Because the bumper weights are the same diameter, each plate comes into contact with the floor. This spreads the impact of dropping the dumbbell for your floor, barbell and plates. Bumper plates on a budgetThe increase in demand for Olympic bumper plates has drastically reduced their costs. They're cheaper now than they were 15 years ago. Although these are cheap bumper plates, they are very good quality especially for the price. Our Eco Bumpers come with the following features:IWF Standard size of 450 mm.Durable rubber absorbs shocks, reduces noise and protects your floor (to some extent). Passed 10,000 vallest.88 Shore A Durometer Scale.51mm inner steel ring. Available in All Black or Olympic Color Coding.Previously, bumper plates were a luxury few could afford. Now at these prices, even a relatively inexperienced hitchhiker can justify this investment. For deadlifts alone, a bumper set will yield a fantastic return. If you gain experience, you might want to start trying some Olympic lifts. With a pair of 5kg bumpers you can work your technique - this is a must for such intricate, dynamic movements. The disadvantage of this style of plate is that it is made of solid rubber. The plate has a much larger width than a normal Olympic weight plate. This becomes a problem if you get stronger. You won't be able to fit the required weight on your barbell sleeves. A good problem to have! Lift Hard and HeavyIf you need bumper plates for a gym, or you're a serious home lifter, then investing in premium bumpers is a wise choice. They come with steel inserts that greatly reduce the thickness of the plate. For example, 25 kg plate is only 51mm thick! This prevents the problem experienced with the solid rubber bumpers above from being able to fit enough weight on the barbell. The Power Maxx Premium Bumpers are equipped with the following: Solid steel inserts. Olympic color codingIWF Specification diameter of 450 mm.Made from high quality virgin rubber that will not deform or burst from use. Minimum weight variancelt are premium plates at premium price. They are made from the highest quality materials and have been tested in high performance gyms throughout Australia. Choosing the right plateDespite you do Olympic lifts or deadlifts, you don't really have bumper With the beautiful colors and meaty look, they look better than your regular vanilla Olympic plate. But there are more important things to consider than looking cool. Bumper plates do not have handles like our coated cast iron plates. This makes them harder to maneuver around the gym. You don't wear around 20's and 25's one in each hand. If you have plate loaded machines, then this will take longer to change weights between sets. You really notice this when loading the barbell for squats or similar plate loaded machine where the horns are high. If you have inexperienced hitchhiker training in your gym then I strongly recommend using bumper plates for this purpose. But if you do the elevators (deadlifts, snatch, clean and jerk) listed above with decent weight then you should invest in bumper plates. If you are not planning on breaking Australian or world records, I would recommend our eco bumper plates. You just don't beat them for quality and performance at this price. A 200kg deadlift is nothing these days. If you own a gym or are one of these beasts that can move mountains of weight, then you need to get premium bumper plates. Page 2 Footprint D = 450mm W = 25mm Weight 5kg Inclusions Sold Individually. Colour Black Warranty One year warranty for household use. Does not relate to abuse or abuse. The 5kg & 10kg Bumper Plates are not covered to fall if used individually. The floor surface should have shock absorption, for example rubber mats. Construction Sturdy rubber plate with 51mm stainless steel inner ring. There are no downloads available for this product. You probably think why bother with a 5kg Bumper? The answer is simple. Most Olympic weightlifters start with a broomstick learning technique - not even a 20kg barbell. So you might think that because you do quarter rep curls with 30kg dumbbells, you'll be able to clean and press 100kg with ease you might be in for a rude shock! The 5kg bumper plates will start you in the right position so you can nail the shape. Since these plates are so thin, the warranty does not cover them for dropping. If you have to drop 5kg bumpers then maybe the Olympic lifts are not for you. The plate has a diameter of 450mm and a width of 25mm. 51mm stainless steel inner ring. Made of durable rubber. We offer the best shipping rates on Australia's bulky products wide, so click here to get a quote. Note: This only applies to individual products - if in doubt, call us, we have plenty of options to help you get the best possible deal. We don't ship abroad. Meet our shipping conditions. If you have any other questions, please call us on 1300 790 432. An established, local bricks & mortar business Superfast delivery, without high shipping High skilled & trained customer service agents Always the lowest prices, so no We only sell quality equipment, not cheap junk Real warranties with ready-made access to parts You just added this product to the cart: This privacy policy describes how we use and and all the information you give us when you use this website. We do everything we can to ensure that your privacy is protected. If we ask you to provide certain information that identifies you when you use this website, you are certain that it will only be used in accordance with this privacy statement. We may change this policy from time to time by updating this page. You should check this page from time to time to make sure you are happy with any changes. What we collect We may collect the following information: name and job title contact information, including demographic information about email address, such as zip code, preferences, and interests for other information relevant to customer surveys and/or offers What we do with the information we collect We require that this information understands your needs and provides you with a better service, and in particular for the following reasons: Internal records. We may use the information to improve our products and services. We may periodically send promotional emails about new products, special offers, or other information that we think will interest you using the email address you provided. From time to time, we may also use your information to contact you for market research purposes. We can contact you by email, phone, fax or email. We may use the information to customize the website to suit your interests. Security We do everything we can to make sure your data is safe. To prevent unauthorized access or disclosure, we have put in place appropriate physical, electronic and administrative procedures to protect and secure the information we collect online. How we use cookies A cookie is a small file that asks permission to be placed on your computer's hard drive. Once you agree, the file is added and the cookie helps analyze web traffic or lets you know when you visit a particular site. Cookies ensure that we as an individual can respond to you to a good right. The web application can tailor its activities to your needs, preferences and dislikes by collecting and remembering information about your preferences. We use traffic log cookies to determine which pages are used. This helps us analyze web page traffic data and improve our website to tailor it to the customer's needs. We only use this information for statistical analysis purposes and then the data is removed from the system. In general, cookies help us to offer you a better website by enabling us to check pages you find useful and which do not. A cookie does not give us access to your computer or any information about you in any way, other than the information you wish to share with us. You choose to accept or reject cookies. Most web browsers automatically accept cookies, but you usually change your browser setting to reject cookies if you prefer. This may prevent you from using full website. Links to other websites Our website may contain links to other websites of interest. However, once you have used these links to leave our site, please note that we have no control over that other website. Therefore, we cannot be responsible for the protection and privacy of information you provide while visiting such sites and such sites are not covered by this privacy statement. Be careful and look at the privacy statement that applies on the website in question. Manage your personal information You choose to restrict the collection or use of your personal information in the following ways: When you are asked to fill out a form on the website, you search for the box you click to indicate that you do not want the information to be used by someone for direct marketing purposes if you have previously agreed with us to use your personal information for direct marketing purposes , change your mind at any time by writing or emailing us. We will not sell, distribute or rent your personal information to third parties unless we have your consent or are legally required to do so. We may use your personal information to send you promotional information about third parties that we think you will be interested in if you tell us you want to. If you believe that any information we have about you is incorrect or incomplete, you will write us upstairs or email us at the address above as soon as possible. We will immediately correct any information that turns out to be incorrect. Incorrect.

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