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IRON GRIP OLYMPIC PLATES

URETHANE PLATES

Diameter:	45 lb. Plate:	17.5" Diagonal
	35 lb. Plate:	14.375" Diagonal
	25 lb. Plate:	12.5" Diagonal
	10 lb. Plate:	9.5" Diagonal
	5 lb. Plate:	7.75" Diagonal
	2.5 lb. Plate:	6" Diagonal

Center hole: Bored to between 2.015 and 2.031 in. diameter for tight tolerances, with chamfered edges for easy fit to bars

IRON PLATES

Diameter:	100 lb. Plate:	17" Diagonal
	45lb. Plate:	16.875" Diagonal
	35 lb. Plate:	13.75" Diagonal
	25 lb. Plate:	11.25" Diagonal
	10 lb. Plate:	8.375" Diagonal
	5 lb. Plate:	7.5" Diagonal
	2.5 lb. Plate:	6.125" Diagonal

Center hole: Bored to between 2.015 and 2.031 in. diameter for tight tolerances, with chamfered edges for easy fit to bars

IRON GRIP DUMBBELLS & FIXED BARBELLS

DUMBBELLS

Head Diameter	Steel 5 lb:	4"
	Steel 7.5–27.5 lb:	6"
	Steel 30 lbs. and above:	8"
	Urethane 5–27.5 lb:	6"
	Urethane 30 lbs. and above:	8"
Handle Diameter	<i>(Round or Contour)</i>	
	5–27.5 lb:	1.25" (grip area); 1.75" (fat end)
	30 lb. and above:	1.375" (grip area); 1.75" (fat end)
Handle Length	5.75" inside head to inside head 3.25" (length of knurled grip area)	
Overall Length:	Steel 5 lb:	6.625"
	Steel 50 lb:	9.375"
	Steel 100 lb:	12.875"
	Urethane 5 lb:	7.25"
	Urethane 50 lb:	10.875"
	Urethane 100 lb:	15.25"

*Specifications listed above are subject to change without notice.
The Iron Grip® name and logo are trademarked and fully protected.*

FIXED BARBELLS

Head Diameter:	Steel 20–35 lb:	6"
	Steel 40 lb. and above:	8"
	Urethane 20–35 lb:	6"
	Urethane 40 lb. and above:	8"
Bar Diameter:	1.125"	
Bar Length:	Straight bar:	Approx. 37" inside head to inside head
	EZ Curl bar:	Approx. 36" inside head to inside head

IRON GRIP OLYMPIC BARS

7' bar:	Overall length:	2200 mm	(86.61 in.)
	Sleeve length:	415 mm	(16.34 in.)
	Shaft length:	1310 mm	(51.57 in.)
	Weight:	20 kg	(44 lbs.)
	Sleeve diameter:	50 mm	(1.97 in.)
	Shaft diameter:	28 mm	(1.10 in.)

5' bar:	Overall length:	60 inches
	Sleeve length:	9.5 inches
	Shaft length:	37.75 inches
	Weight:	30 lbs.
	Sleeve diameter:	1.965 inches
	Shaft diameter:	1.125 inches

EZ Curl bar:	Overall length:	54 inches
	Sleeve length:	9.5 inches
	Shaft length:	32.75 inches
	Weight:	30 lbs.
	Sleeve diameter:	1.965 inches
	Shaft diameter:	1.125 inches

Competition bar: The Competition Series Olympic Bar is designed to be suitable for International Weightlifting Federation (IWF) Olympic-style competition, and is built to IWF specifications.

Overall length:	2200 mm	(86.61 in.)
Sleeve length:	415 mm	(16.34 in.)
Shaft length:	1310 mm	(51.57 in.)
Weight:	20 kg*	(44 lb.)
Sleeve diameter:	50 mm	(1.97 in.)
Shaft diameter:	28 mm	(1.10 in.)

**All Competition Bars are calibrated to exactly 20 kg.*

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