

## **IRON GRIP OLYMPIC PLATES**

### **URETHANE PLATES**

<b>Diameter:</b>	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**

<b>Diameter:</b>	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**

<b>Head Diameter</b>	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"
	<b>Handle Diameter</b>	<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)
<b>Handle Length</b>	5.75" inside head to inside head	
	3.25" (length of knurled grip area)	
<b>Overall Length:</b>	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**

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

## ***IRON GRIP OLYMPIC BARS***

<b>7' bar:</b>	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.)

<b>5' bar:</b>	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

<b>EZ Curl bar:</b>	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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