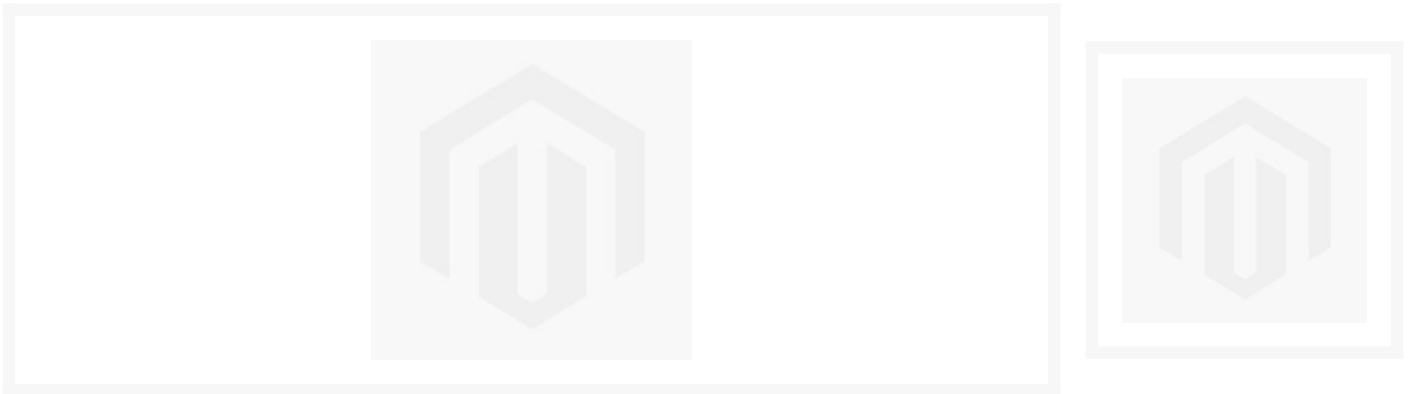


Core Plate

£180.00

Product Images



Short Description

A sturdy but highly effective piece of equipment, this core plate is finished in silver and has a rubber anti slip base for safety reasons to ensure its stable when using. This core plate needs to be used in conjunction with a bar to allow you to pivot and activate your core muscles (see images to illustrate this).

- Olympic bars, discs and ropes available separately
- Length 50cm, Depth 45cm (length of bar holder 50cm)
- Weight 22.5kg
- **Core Plate Handle sold separately**

Description

Core Plate.

An excellent piece of equipment for core workouts.

Key Product Information

- Steel plate with textured silver finish
- Rubber anti slip base on base plate
- Extra heavy base plate for stability
- Floor fixing holes available
- Includes fixing point for training ropes and bands

- Olympic bars, discs and ropes available separately
- Length 50cm x Depth 45cm (length of bar holder 50cm)
- Weight 22.5kg
- **Core Plate Handle sold seperately**

Additional Information

SKU	JTCP
Weight	1.000000
Equipment Usage	Home Use