

Exigo Portable Core Plate

£354.00

Product Images



Short Description

Perform lots of different exercises with this portable and lightweight core plate. Available as a single core plate (or you can also choose the double version) it gives you the full rotational movement. Using Olympic plates to secure the core plate you can then attach an Olympic bar and use for various exercises.

The Portable Core Plate

Perfect for crossfit facilities, increasingly larger home gyms and commercial studios have the single or double core plate. A favourite for CrossFit and Circuit classes, the portable core plate is easy to use and provides a range of exercises you can perform.

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Description

Single Portable Core Plate from Exigo

If you like working those back and leg muscles, the portable core plate is a versatile piece of fitness equipment that every strength gym should have. Popular for rotational and core strength training exercises, you also get the benefit of stability training and also upper body mobility with the correct exercises and form.

Exigo have 18 years experience in designing and manufacturing strength equipment in the UK. With the UK manufacturing plant, from order it usually takes around 4 weeks to take delivery of the core plate, but at least you get to choose from 19 different colours so it is right for you. With lifetime warranties available on the frame and moving parts, this is designed to last.

You can also get accessories for the Olympic bar that connects to the core plate. For example a wide grip bar that allows you to focus on rotational drills that target the obliques. Or you can perform single arm exercises and lower body drills.

Key Features of the Core Plate

- It is uniquely portable and due to being lightweight, easy to store
- You get full rotational movement for exercises
- Exigo provide a lifetime frame warranty
- You get a choice of 19 frame colours

Exigo offer a range of frame colours - see below :

PREMIUM FLAT FINISH COLOURS

Other colours available POA

Please note: Actual colours may vary slightly from visuals



PREMIUM FINE TEXTURE FINISH COLOURS



Additional Information

SKU	CR1000
Weight	30.000000
Equipment Usage	Home & Commercial Use
Warranty	Main Frame: Framework (structural steel and welds) warranted for lifetime against defects in workmanship and materials under normal use.(Excluding surface finish). Parts 2 Years: Linear bearings, Rotational bearings 1 Year: Spring loaded pins, handles, en