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LIFELINE
POWERED BY INNOVATION™

Olympic Grip Plates

OLYMPIC GRIP WEIGHT PLATES

Lifeline Pro Olympic Grip Weight Plates incorporate a triple grip design making them easier and safer to load, unload and store than standard Olympic Plates. These impact-resistant Olympic plates are encased in durable, heavy-duty rubber to protect the plates from chipping and rusting and prevent damage to floors and equipment. The integrated stainless steel collar fits any standard Olympic bar and other equipment with 2" posts.

- Easy to handle and safely load
- Built-in grip holes allow for handheld uses
- Rubber coating protects surfaces and dampens noise
- Sold individually or in sets



500LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (6)45lb, (2)35lb, (2)25lb, (4)10lb, (4)5lb, (2)2.5lb plates, (1)45lb Olympic bar, (2)collars

LLOGPSET500 |

455LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (6)45lb, (2)35lb, (2)25lb, (4)10lb, (4)5lb, (2)2.5 lb plates

LLOGPSET455 |

400LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (4)45lb, (2)35lb, (2)25lb, (2)10lb, (6)5lb, (2)2.5lb plates, (1)45lb Olympic bar, (2)collars

LLOGPSET400 |

355LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (4)45lb, (2)35lb, (2)25lb, (2)10lb, (6)5lb, (2)2.5 lb plates

LLOGPSET355 |

300LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (2)45lb, (2)35lb, (2)25lb, (2)10lb, (4)5lb, (2)2.5lb plates, (1)45lb Olympic bar, (2)collars

LLOGPSET300 |

255LBS OLYMPIC GRIP WEIGHT PLATE SET

- Includes: (2)45lb, (2)35lb, (2)25lb, (2)10lb, (4)5lb, (2)2.5lb plates

LLOGPSET255 |



Rubber Bumper Plates & Olympic Bar

RUBBER BUMPER PLATES

Lifeline Rubber Bumper Plates meet IWF standards for length, weight and diameter. They are made with a rubber durometer of 90 Shore A, which means there is little to no bounce. They are easier to grip thanks to the recycled rubber casing and raised outer rim and these Rubber Bumper Plates make weight training much safer and quieter. They are perfect for a gym setting with lots of traffic or as cross training equipment for the home as the protective exterior makes for a longer lasting product and safeguards the floor, plates and other equipment against damage from drops and dings.

- Uniform weight makes for consistent fitness tracking
- Can be used to build muscle and endurance without a bar
- Perfect for Olympic weightlifting, power weightlifting or cross training
- Sold individually or in sets



LLRBP-10 |
10lb



LLRBP-15 |
15lb



LLRBP-25 |
25lb



LLRBP-35 |
35lb



LLRBP-45 |
45lb



205LBS RUBBER BUMPER PLATE SET

- Includes: (2)45lb, (2)25lb, (2)10lb plates, (1)45lb Olympic bar, and (2)collars

LLRBPSET |

260LBS RUBBER BUMPER PLATE SET

- Includes: (2)45lb, (2)35lb, (2)25lb, (2)15lb, and (2)10lb plates

LLRBPSET260 |

45LB OLYMPIC BAR WITH COLLARS

The definitive size bar used by body builders, weight lifters, cross training athletes and anyone serious about weight training, the Olympic Bar is engineered to handle large loads and comes in the standard weight, length and diameter for workout consistency, rack compatibility and easy grip. Perfect for a gym environment or at-home use, the rotating sleeves, grip-release collars and the crisscrossed knurling etched in the bar ensure proper form and safe use for Olympic and dynamic compound exercises like cleans, jerks, squats and dead-lifts.

- Needle bearings provide smooth sleeve rotation
- Lift more weight for faster muscles gains
- Perfect for Olympic weightlifting, Cross Fit or power weightlifting

LOWB-1000 |



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