














# WEIGHT PLATE DIMENSIONS

CODE	PLATE DESCRIPTION	BORE HOLE (mm)	DIAMETER (mm)										THICKNESS (mm)									
			PLATE SIZE (kg)										PLATE SIZE (kg)									
			0.5	1.25	2.5	5	7.5	10	15	20	25	0.5	1.25	2.5	5	7.5	10	15	20	25		
PSMG# (i)	A.B.C Metal "Grips" (black)		29	98	120	170	225	250	333	365	410	425	14	20	20	25	28	26	30	35	35	
PSMGBLU# (i)	A.B.C Metal "Grips" (blue)		29	98	130	170	225	250	335	365	410	430	14	15	20	25	28	30	30	40	40	
PSRCS#	Standard Rubber Coated Smiley (black)		26	160	165	194	230						11	18	20	25						
PSRCSBLU#	Standard Rubber Coated Smiley (blue)		26	160	165	190	230						11	18	20	25						
PSV#	Vinyl "Pump" Discs (black)		28		138 *	210	270		325					32	32	42		60				
PSPM#	A.B.C Pancake Metal (black)		26	100	130	160	210						11	15	17	20						
POM#	Olympic Metal (black)		52	107	150	180	225		270	320	425	420	12	15	20	28		36	40	33	40	
POMG# (i)	A.B.C Olympic Metal "Grips" (black)		52		165	205	250		362	395	430	450		15	18	20		28	32	35	40	
PORE#	Olympic Rubber Edged (black)		52		163	205	250		300	345	400	440		25	25	31		35	35	42	40	
PORCB#	A.B.C Olympic Rubber Coated (black)		52		165	210	250		298	335	375	400		24	27	33		40	45	35	50	
PORCG#	A.B.C Olympic Rubber "Grips" (black)		52						365	400	450	450						30	35	35	40	
PORCGBLU#	A.B.C Olympic Rubber "Grips" (blue)		52						365	400	450	450						30	35	35		
PORCC#	A.B.C Olympic Rubber Coated (calibrated)		52						450	450	450	450						43	50	56	60	

Dimensions are approximates only and may change without notice.

\* Please Note: 1KG available in Vinyl "pump" Discs, not 1.25  
(i) Grips only featured on 10kg sizes and above.