



Painted cast iron disc for lifting 10 kg weights - 25 mm hole



**Product features:**

Material: Painted cast iron

Hole diameter: 25 mm

Disc diameter: 27,00 cm

Disc thickness: 3,5 cm

**Product description:**

Of **entirely Italian production** , the Gana Sport **painted cast iron weight lifting discs** are a **high quality** product, dedicated to both "Home" and "Professional" use.

**Usable with 25mm diameter dumbbells and barbells** , the discs are available in different sizes.

**Cast iron plates** still remain today, where disciplines such as **Crossfit** are very popular, and the use of **Kettlebells**, **TRX**, **Loop Bands** and **Slam Balls** is increasing, **the most used accessory to train one's body** .

Every gym or weight lifting enthusiast **has a set of discs** of various weights to be modulated as needed.

**A barbell**, **a pair of bodybuilding dumbbells** , some **cast iron plates** , and here you have everything you need to carry out **every exercise useful for strengthening** your arms, chest, shoulders, back, etc.