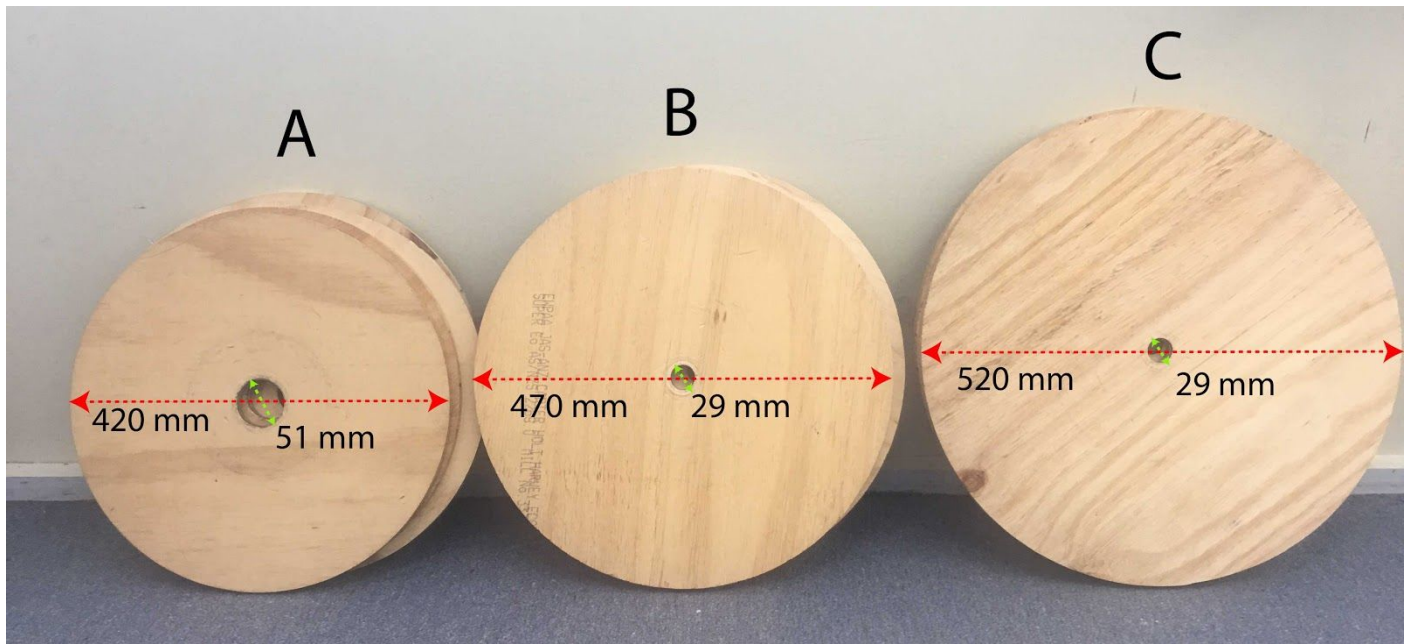


Wooden Weight Plates



At The Bone Clinic we have made our own wooden-starter “bumper” plates which weigh about 100 grams.

- A) The standard Olympic size plate is 420 mm in diameter with a centre hole diameter of approximately 51 mm. We have plates this size that can fit both a standard bar with a centre hole diameter of approximately 29 mm and the Olympic bar with a centre hole diameter of 51 mm (pictured).

They are made out of 12-14 mm thick Plywood direct from Bunnings.

- B) We also have 470 mm diameter starter plates with a centre hole diameter of 29 mm. These are made for a standard bar. They raise the bar a further 50 mm up the person’s shin. Perfect for clients with hip-mobility limitations.

They are made out of 20 mm thick Plywood direct from Bunnings.

- C) And we have 520 mm diameter starter plates with a centre hole diameter of 29 mm. These are made for a standard bar. They raise the bar 100 mm up the person’s shin from the standard bumper plates. Perfect for clients with both hip-mobility and movement pattern issues.

They are made out of 20 mm thick Plywood direct from Bunnings.

Another great thing about these wooden bumpers is that you can add *change* plates to them. *Change* plates are also known as fractional or micro plates and are weight plates made in smaller sizes ranging from 0.25 kg through to 5 kg.