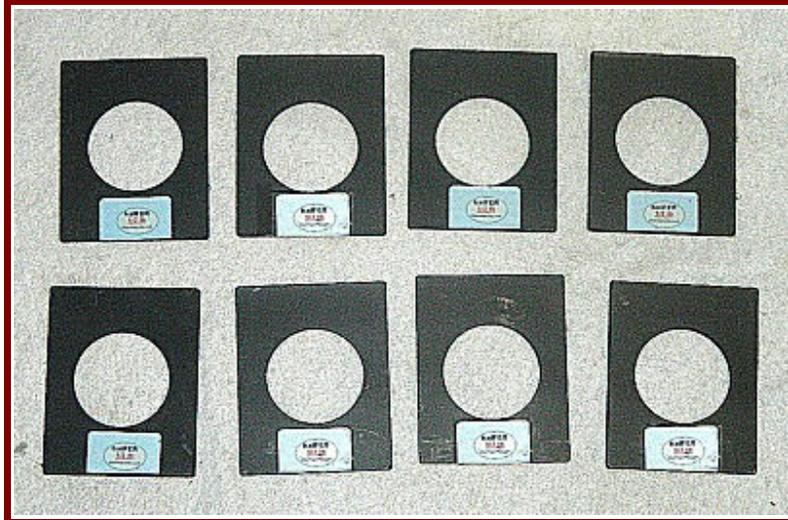


halFER Microloading Plates



set of eight halFER plates

The halFER is a precision $\frac{1}{2}$ lb steel microloading plate. It's weight is accurate to within 2 %. The bar load can be incremented a pound at a time by adding a pair of plates, up to a total of four pounds using the standard eight plates set

The center hole is 2" in diameter, to fit olympic bars. The plates can be used on standard bars, but they will be somewhat loose.

The halFER makes microloading simple. You add and remove weight one pound at a time. Common microloading plate sets have plates that are in weights of $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and 1 lb. To increment the loading one pound at a time requires adding and removing different combinations of plates for each increment.

The set weighs a total of 4 lb. After all four pounds are on the bar, the next increment is achieved by removing all the halFER plates and adding a pair of $2\frac{1}{2}$ lb plates.

Price: set of 8 plates - \$30.00, shipping free in US
shipping Canada - \$15.00
other countries - \$19.00

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