

Discover what the experts have known for a long time

Microloading !!

Strength training with smaller incremental increases is:

- Smarter,
- Safer
- More effective way to success.



PlateMates make microloading easy at any professional or home gym with their revolutionary, patented superstrong magnetic design, three versatile styles - hex, ring, and brick - and micro increments from 5/8 lbs to 5 lbs.



Microloading with PlateMates is essential at all levels. Beginners are apt to do exercises properly and avoid injury. Intermediates stay motivated because they experience steady progress. Advanced lifters benefit because microloading helps them break through "the plateau" to achieve success at the highest level of weight training.



PlateMates are ideal for physical therapy where small increases help patients regain strength without overburdening injured muscles and tendons.



PlateMate Hex attaches to weights securely with three superstrong magnets. Versatile design fits solid-poured dumbbells, Olympic bars, power blocks, and stack weight machines.



PlateMate Donuts fit securely over the ends of pro-style dumbbells. PlateMates are versatile. With just two pairs of 2½ lb Donuts, you can buy dumbbell sets in 10 lb increments and save. The PlateMate Donut also works on hex weights of 20 lbs or more.



The PlateMate Brick is designed specifically for selectorized - or stack weight - machines. Build strength steadily with 2-1/2 and 5 lb increments instead of the typical 10 or 15 lb increases. When the workout's finished, your brick attaches securely to the framework of the machine, so it is always easy to find.

