

Архангельск (8182)63-90-72
Астана (7172)727-132
Астрахань (8512)99-46-04
Барнаул (3852)73-04-60
Белгород (4722)40-23-64
Брянск (4832)59-03-52
Владивосток (423)249-28-31
Волгоград (844)278-03-48
Вологда (8172)26-41-59
Воронеж (473)204-51-73
Екатеринбург (343)384-55-89
Иваново (4932)77-34-06

Ижевск (3412)26-03-58
Иркутск (395)279-98-46
Казань (843)206-01-48
Калининград (4012)72-03-81
Калуга (4842)92-23-67
Кемерово (3842)65-04-62
Киров (8332)68-02-04
Краснодар (861)203-40-90
Красноярск (391)204-63-61
Курск (4712)77-13-04
Липецк (4742)52-20-81
Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
Москва (495)268-04-70
Мурманск (8152)59-64-93
Набережные Челны (8552)20-53-41
Нижний Новгород (831)429-08-12
Новокузнецк (3843)20-46-81
Новосибирск (383)227-86-73
Омск (3812)21-46-40
Орел (4862)44-53-42
Оренбург (3532)37-68-04
Пенза (8412)22-31-16
Россия (495)268-04-70

Пермь (342)205-81-47
Ростов-на-Дону (863)308-18-15
Рязань (4912)46-61-64
Самара (846)206-03-16
Санкт-Петербург (812)309-46-40
Саратов (845)249-38-78
Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13
Казахстан (772)734-952-31

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
Хабаровск (4212)92-98-04
Челябинск (351)202-03-61
Череповец (8202)49-02-64
Ярославль (4852)69-52-93

<http://ivanko.nt-rt.ru> || vnf@nt-rt.ru

OMEZH OLYMPIC, MACHINED, E-Z LIFT® PLATE W/ROUND OPENINGS.

Our patented E-Z Lift® Plate features a traditional, round shape, multi-opening, E-Z Lift® design.

- + Available in 45 lb., 35 lb., 25 lb. sizes.
- + Companion 10 lb, 5 lb., & 2.5 lb, & 1.25 lb. sizes available without grip holes. See OM.
- + See Articles (lower left) for what to look for in a cast-iron plate.

IVANKO E-Z Lift® designs are also available with slots (OMEZS), in rubber (ROEZH), and in urethane (OUEZ). And of course, many product styles are available in pounds or kilograms.



Available in baked-on, polyester based, hammertone grey painted finish.

Our plates incorporate 7 openings, not just two or three. These extra openings dramatically improve handling off the floor and on and off all machines or bars. Ivanko E-Z Lift® plates are the same diameter as conventional round Olympic plates and easily integrate with existing plates in the facility.

All of the openings on Ivanko cast-iron plates have smooth radii and rounded edges for maximum comfort and safety while grabbing the plates. Because they are round, there are no sharp "points" or "edges" to cut floors and damage equipment as with "anti-roll" designs. Ivanko's rounded, contour shape of the plate conforms better to the hand, making it easier to carry. We round all edges to make it more comfortable to hold onto.

NOTE: These cast-iron plates are manufactured by sand casting. They are not machined from solid billet. Due to the inherent nature of the sand casting process, no two plates are exactly alike. Variations will occur. Among these variations are surface consistency and porosity.

OMEZH SIZE

PART NO.	DIA	THICKNESS
OMEZH-25	12-3/16	1-1/2
OMEZH-35	14-15/16	1-1/2
OMEZH-45	17-3/4	1-1/2
OMEZH-100	17-3/4	2-1/2

OM SERIES PLATES (LBS)

PART NO.	DIA.	THICKNESS
OM-1.25	5-1/4"	1/2"
OM-2.5	6-7/16"	5/8"
OM-5	7-3/4"	7/8"
OM-10	9"	1-1/4"



Архангельск (8182)63-90-72
 Астана (7172)727-132
 Астрахань (8512)99-46-04
 Барнаул (3852)73-04-60
 Белгород (4722)40-23-64
 Брянск (4832)59-03-52
 Владивосток (423)249-28-31
 Волгоград (844)278-03-48
 Вологда (8172)26-41-59
 Воронеж (473)204-51-73
 Екатеринбург (343)384-55-89
 Иваново (4932)77-34-06

Ижевск (3412)26-03-58
 Иркутск (395)279-98-46
 Казань (843)206-01-48
 Калининград (4012)72-03-81
 Калуга (4842)92-23-67
 Кемерово (3842)65-04-62
 Киров (8332)68-02-04
 Краснодар (861)203-40-90
 Красноярск (391)204-63-61
 Курск (4712)77-13-04
 Липецк (4742)52-20-81
 Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
 Москва (495)268-04-70
 Мурманск (8152)59-64-93
 Набережные Челны (8552)20-53-41
 Нижний Новгород (831)429-08-12
 Новокузнецк (3843)20-46-81
 Новосибирск (383)227-86-73
 Омск (3812)21-46-40
 Орел (4862)44-53-42
 Оренбург (3532)37-68-04
 Пенза (8412)22-31-16
 Россия (495)268-04-70

Пермь (342)205-81-47
 Ростов-на-Дону (863)308-18-15
 Рязань (4912)46-61-64
 Самара (846)206-03-16
 Санкт-Петербург (812)309-46-40
 Саратов (845)249-38-78
 Севастополь (8692)22-31-93
 Симферополь (3652)67-13-56
 Смоленск (4812)29-41-54
 Сочи (862)225-72-31
 Ставрополь (8652)20-65-13
 Казахстан (772)734-952-31

Сургут (3462)77-98-35
 Тверь (4822)63-31-35
 Томск (3822)98-41-53
 Тула (4872)74-02-29
 Тюмень (3452)66-21-18
 Ульяновск (8422)24-23-59
 Уфа (347)229-48-12
 Хабаровск (4212)92-98-04
 Челябинск (351)202-03-61
 Череповец (8202)49-02-64
 Ярославль (4852)69-52-93