

Data Sheet

Weightlifting Platform - Solid Oak



Floor Finish: 21mm Solid Oak
Lacquer: Pro-Strong UV Cured
Base: 6mm Hardwood Plywood
Platform Thickness: 27mm
Size: 1000mm x 1500mm
1000mm x 2000mm
Colour: Natural Oak

Lifting platforms should be set out with power rack equipment to ensure surrounding modular flooring is arranged aesthetically and avoids unsightly multiple cuts.

ECO-TEK lifting platforms provide a high quality stable platform for weightlifting exercises. Manufactured from solid oak these platforms offer an attractive durable surface for demanding high traffic commercial gyms.

Weightlifting platforms are important as they provide a firm stable surface which gives users better footing, allowing a more efficient force transfer during lifts. This is particularly important for dead lifting, where explosive power and proper foot placement are critical for effective exercise and preventing injury due to incorrect posture. These platforms also define the specific area for weightlifting providing a more organised and structured training environment.

System Benefits

- **Stability** - Safe exercise and efficient muscle development
- **Adhesive Free** - Located without adhesive
- **Durable coating** - Ultra hard UV cured coating which provides a class leading scratch resistant surface with long term maintenance free floor surface
- **Sustainable** - Manufactured from solid Oak sourced from managed forests
- **Design Agility** - Flexible system allowing future repositioning