

Use of Hitechplates:

Fractionals as you may know, are often times made of cast iron as seen below - *those small diameter plates...*



When you are training the Oly lifts and have a heavily loaded bar OR when you already have a 17' Hitechplate (HTP) on the bar you add a little fractional, You DO NOT want to add **another** HTP...That way they do not knock around and compete to hit the floor Causing vibration and jarring to possibly break a HTP when dropped, slammed, and misused... there is no rubber dampening component...



In the photo above, he should have 15kg bumpers with the little fractional that you see on the bar...Four other platforms could be bringing up beginners (if present)...instead the potential exists to damage equipment

HTPs are a Base plate, to work up technique >> progressing onto bumpers...You can add little fractionals as you go...Once you reach a total of $\geq 10\text{KG}$ on the bar you should graduate to the 10KG bumpers + fractionals...and so on...

IN SHORT:

- No two HTPs should really be on the bar at one time and
- No HTP should be on the bar with a bumper...**ALWAYS**, use small diameter fractionals to add incremental weight with a technique plate and drop the bar evenly ---Technique work is not 'repetitions to exhaustion' and slamming or throwing down a loaded bar
- Also, while not the case pictured, "Rubber covered concrete is not a platform..."

The above does not matter with an experienced lifter who is working from the rack and the bar never is dropped or intended to be dropped...

Because HTPs are rugged, lifters tend to get "glad happy" doing things they wouldn't normally do because in the past they couldn't do such things, until they break the HTP...

When used for technique lifting a HTPs can last for unlimited years, so take care, and STAY STRONG!!

MY \$0.2,

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