

# Stray Dog Strength Grip Plates

Stray Dog Strength Grip Plates are built for facilities that need durable iron plates for machine loading, storage efficiency, and everyday strength training. Designed with integrated grip handles for easier carrying and loading, they are a great option for programs that prefer iron plates over bumpers while maintaining the same premium quality. Priced the same as our bumper plates, the choice between Grip Plates and Bumpers comes down purely to preference and application.