Soft Plyo boxes

OFCG18V2



Details

These Soft Plyo Boxes come in four varying heights which are perfect for beginners and experienced gym users alike.

Box jumps are a great way to develop power, strength and cardio movement in any workout.

Soft Plyo Boxes reduce the fear of injury giving users the confidence to take on challenging jumps. The boxes are firm enough to do plyometric exercises, but soft enough they won’t injure the user's shins should they miss a jump.

Also, due to the boxes dense inner foam core, with a durable outer vinyl layer, there is a decrease in stress on the user's joints and a reduced risk of skidding.

There are four different heights available (6’’,12’’, 18’’ 24’’) which can all be stacked together securely, by Velcro straps, to give varied heights. Thanks to their flexibility of use, the plyo boxes are suitable for a wide range of fitness levels and will give users room to progress and regress exercises when needs be.

- Level 1: 150 x 890 x 740mm
- Level 2: 300 x 890 x 740mm
- Level 3: 450 x 890 x 740mm
- Level 4: 600 x 890 x 740mm

Sold individually but also as a set of one of each of the heights

SKU	Options	Available Colours
OFCG18V26	Level 1: 150mm (6")	N/A
OFCG18V212	Level 2: 300mm (12")	N/A
OFCG18V218	Level 3: 450mm (18")	N/A
OFCG18V2SET	Level 4: 600mm (24")	N/A
OFCG18V2-SET	Set of Levels 1 to 4	N/A