Multi-height Soft Plyo Box



Details

The Multi-Sided Plyo Box is an essential accessory that should be at the top of every gym’s shopping list. It provides one box with possible jump dimensions of:

- 20" (500mm)
- 24" (600mm)
- 30" (760mm)

The graphics on the side of the box clearly show to the trainer or user what height the box is set to before use.

Its multi-height design means it lets users adapt the box for a variety of uses, and also offers a scalable option for users looking develop that explosive power from the ground upwards.

Importantly, the dense foam core strikes the right balance between being rigid and stable while also providing a softer low-impact solution (in comparison to solid alternatives) for when users inevitably trip over during high repetition workouts.