

Plyo Box

MSRP \$141.00

SALE \$88.00

Highlights:

- The 6° angle legs help prevent tipping
- Welded frames of 1-inch 15-gauge steel tubing
- Plywood landing surfaces covered in non-skid rubber
- Heights available individually or as a full set



These Plyo Boxes from Champion Sport's offer users a wide range of exercise options for such a seemingly simple product. These units permit athletes or gym visitors to perform any number of actions that will help activate their largest and most powerful body muscles. Those training to enhance their core strength or improve hip and ankle motion can engage in box jumps (standard or twisting), depth jumps, step-ups and step-downs, or Bulgarian split lunges. All of these plyometric exercises expand and contract musculature in beneficial ways via a stretch reflex cycle. Champion Sports's jump boxes are purchasable individually or as a full set. Multiple different boxes with different heights can challenge users to leap higher in the air as they improve their agility. Each box's legs are made of durable tubular steel with six-degree angles to ensure stability. The frame tops hold a plywood landing surface covered with a non-slip rubber layer. These striking red and black plyo boxes enhance any gymnasium or workout center and are suitable for use by novices or experienced exercisers.