Training Equipments | Other Equipment and Accessories for Fitness, Aerobics, Plyometrics and Pilates

Plyo Boxes in different sizes, ideal for plyometric.



Plyo Boxes in different sizes, ideal for plyometric exercises.

Made of foam with different densities and covered in fireproof Carbon PVC.

Equipped with a non-slip bottom and Velcro inserts to connect multiple modules.

Complete with vents and handles.

Removable cover.

Plyometrics is a type of training based on the stretch-shortening cycle, in which a muscle is first stretched (eccentric phase) and then quickly shortened (concentric phase) to increase power, speed, and explosiveness. This method is based on dynamic movements such as jumps, throws, and sprints, exploiting the elastic energy accumulated in the muscle during the stretching phase.

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Variants:

Art. 2400

Height 15 cm

DIMENSIONS: 90x70x15cm

Art. 2401

Height 30 cm

DIMENSIONS: 90x70x30cm

Art. 2402

Height 45 cm

DIMENSIONS: 90x70x45cm

Art. 2403

Height 60 cm

DIMENSIONS: 90x70x60cm

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