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

3-in-1 Wooden Plyo Box with adjustable heights for plyometric training



Plyo box in different sizes, ideal for plyometric exercises.
Made of wood with adjustable heights by simply turning it over.
Supplied unassembled, complete with kit and assembly instructions.

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.

Visit our 'Balls, Training Equipments and Other Accesories for Football and Futsal' section for more information.
Visit our "Fitness, Aerobics and Bodybuilding" section for more information.

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Variants:

Art. 2405

Dimensions 40x50x60cm

DIMENSIONS: 40x50x60cm

Art. 2406

Dimensions 50x60x70cm

DIMENSIONS: 50x60x70cm

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