

BSTPB PLYO BOXES



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The Body-Solid Plyo Boxes are a must-have training tool for explosive jump and speed training. Athletes of all levels use these boxes for forward, lateral, and other plyometric jumping drills. Increase not only in your vertical jumping ability, but also drastically increase foot speed, cardiovascular endurance, overall leg strength and health, and “out of the blocks” explosion. The number of exercises you can perform are endless and only limited by your creativity. Professional, college, high school and even grade school athletes can improve performance and increase speed agility and all around fitness levels with plyometric training.

Special Features

- 1” square 12 gauge steel tubing
- 300 lb weight capacity
- ½” plywood platforms with non-slip rubber surface
- Scratch-proof powder-coat finish
- Available in 6”, 12”, 18”, 24”, 30”, 36” and 42”
- Designed to stack for easy storage
- Assembled Dimensions:



BSTPB6
9.85” X 9.85” Top
11.8” X 11.8” Base



BSTPB12
11.3” X 11.3” Top
16.9” X 16.9” Base



BSTPB18
13.7” X 13.7” Top
20.1” X 20.1” Base



BSTPB24
16.05” X 16.05” Top
23.2” X 23.2” Base



BSTPB30
18.4” X 18.4” Top
26.4” X 26.4” Base



BSTPB36
20.8” X 20.8” Top
29.5” X 29.5” Base



BSTPB42
23.15” X 23.15” Top
32.7” X 32.7” Base