

# BSTSPBOX

## Soft-Sided Plyo Box



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Athletes of all levels use plyo boxes to boost their vertical jumping ability as well as increase foot speed, cardiovascular endurance, leg strength, health and explosiveness. Body-Solid's Soft-Sided Plyo Boxes feature a unique three-sided design. It's like getting three different standard plyo boxes in one. In addition, the soft sides minimize the potential for banged shins and scrapes that can sometimes occur with standard plyo boxes.

Three diverse heights (20", 24", 30") allow you to customize your workout and adjust on the fly. This unmatched versatility removes clutter from your workout space.

### Special Features

- Safest Plyo Box Available
- Solid and Stable
- Durable Foam Interior
- Double Stitched Vinyl Upholstery
- Resists Compression
- 20", 24" and 30" Heights in one Plyo Box