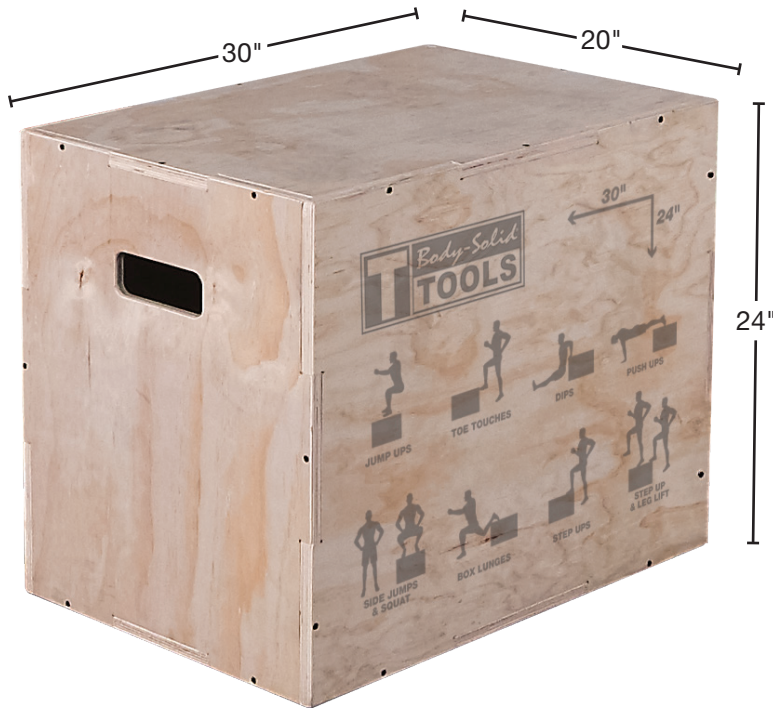


BSTWPBOX

3-Way Wood Plyo Box



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The Body-Solid Tools BSTWPBOX 3-Way Wood Plyo Box features three distinct height options making it the perfect plyo box for fitness enthusiasts of all levels while giving you the advantage of three plyo boxes in one. Durable and economical wood construction is adjustable to the 3 heights depending on what side of the box you choose. Clear measurements and easy instructions are marked on each box. Whether beginning to integrate plyometric boxes into your workout routine or if you're an advanced jumper, the Body-Solid Wood Plyo Box is for you!

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 Plyo Boxes feature a unique three-sided design. It's like getting three different standard plyo boxes in one.

The three diverse heights (20", 24", 30") allow you to customize your workout and adjust on the fly.

Special Features

- Three distinct box heights 20" x 24" x 30"
- On-product exercise instruction
- Ideal for box jumps, dips, step-ups, negative jumps box push-ups
- Constructed from durable, high-quality wood
- Easy snap assembly
- Sanded edges for increased safety
- Dimensions: 20" x 24" x 30"