

# START BLOCKS

Sorinex start blocks plug anywhere at the bottom of your rack to provide a solid launch pad when performing explosive jammer movements. The angles of the blocks keep your body in-line for proper hip-thrust and triple extension. Self-storing, 16" solid steel rods, foot block is 10" x 5" plate steel, powder coated, sold in pairs.

## SPECIFICATIONS

LENGTH	11.625"
WIDTH	6"
STEEL RODS	16"
INCLUDES	Start Blocks (Pair)

