

# 12" Steel Plyobox



## Description

Plyo boxes are an easy way to step up your workout. They're used in plyometric activities, which first lengthen and then shrink your muscles to improve your muscle tension. You're probably already using this technique, which includes box jumps, squats, step-ups, push-ups, and more.

The Bench Fitness 12" Steel Plyo Box is designed with a tapered design that adds stability as well as making them stackable which saves storage space. The Bench Fitness 12" Steel Plyo Box is also topped with an anti slip surface to ensure all exercises can be performed safely.

The Bench Fitness 12" Steel Plyo Box has a heavy duty welded frame made from 25mm box tubing and stands at 12 inches tall. Designed using our Built Strong philosophy, Bench Fitness 12" Steel Plyo Box will take everything you can throw at them and keep on going.

## Features

- 12 inch height
- Tapered design ensures increased stability and stackability
- Anti-slip surface guarantees safe exercise performance
- Constructed with a robust, 25mm box tubing welded frame

## Specifications

Material:	25mm box tube frame
Length:	400mm
Height:	315mm
Width:	400mm
Weight:	15kg

## Dimension

