

3 in 1 Soft Plyobox



Description

The Bench Fitness Soft Plyo Box offers a dynamic solution for enhancing muscle power through plyometric exercises. With its dense foam core rated at 120 and protective padding on every side, this box ensures safe and efficient workouts. Whether you're doing box jumps, jump overs, or step-ups, you can easily adjust the box to heights of 20", 24", or 30" to suit your needs.

Features

- Dense foam core rated at 120 ensures stability
- Versatile for exercises like box jumps, jump overs, and step-ups
- Adjustable to three distinct heights: 20", 24", and 30"

Specifications

Material:	Dense foam 120 core
Length:	620mm
Height:	775mm
Width:	620mm
Weight:	41kg

Dimension

