



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 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 Steel Plyo Box is also topped with an anti slip surface to ensure all exercises can be performed safely.

The Bench Fitness Steel Plyo Box Set has a heavy duty welded frame made from 25mm box tubing and stands at 12, 18, 24 and 30 inches tall. Designed using our Built Strong philosophy, Bench Fitness Steel Plyo Box will take everything you can throw at them and keep on going.

Features

- Sold in pairs
- Rings made from durable ABS Plastic
- 2.5cm wide nylon strap, 4.5m long
- Suitable for various body weight movements

Specifications

Material:	25mm x 25mm box tube frame
Length:	Refer dimensions below
Height:	Refer dimensions below
Width:	Refer dimensions below
Weight:	72kg full set

Dimension

