

# Wooden 3 in 1 Plyobox



## Description

The Bench Fitness 3 in 1 Plyobox delivers a blend of durability and cost-efficiency for plyometric workouts. Offering three versatile heights—20", 24", and 30"—it's ideal for exercises like box jumps, box squats, and progressive routines.

Its unique puzzle design ensures not only easy assembly but also enhanced stability and strength. To optimize affordability, this product ships in a flat-pack form.

## Features

- Offers three distinct dimensions—20", 24", and 30"
- Ideal for a range of exercises, including box jumps and squats
- Puzzle assembly ensures both stability and strength
- Designed for quick and easy setup
- Ships in flat-pack form to optimize shipping costs

## Specifications

Material:	
Length:	750mm
Height:	600mm
Width:	500mm
Weight:	

## Dimension

