



soft plyo box

They are firm enough to perform plyometric movements, but soft enough that they will not injure your shins if you miss. You can customize the height of the box so that athletes can either work their way up to a prescribed workout height or up to a personal max box jump.

Product Name : soft plyo box

Complete with adjustable landing heights, these plyometric box are available as a full box set or individually. These high-quality box jump platforms are ideal for a wide range of exercises including split squats, hip thrusts, step ups or push-ups as well as explosive jumps for intensive training sessions.

Material	PVC + Sponge
Design	can be customer own design for printing
Size	L36" x W30" x H3"/6"/12"/18"/24"
Logo	Customized Logo Available
Usage	Jump Training and Conditioning

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