



Sypoba protective mat



The plastic mat with SYPOBA® logo is the same size as the training plate and has a protective function during exercises where the forearms are placed on the training plate or during seated and kneeling exercises.

CHF 39.00

It can be used to slightly increase the difficulty of standing exercises (small stimulus delay). In addition, it can be used as padding for the base during abdominal and stretching exercises (the mat is placed on the Sypoba board).

Dimensions: L60 x W30 x D1cm