



Body Solid Plyometric Platform (BSTPB)



Body Solid plyometric boxes are ideal for crossfit, personal training and plyometric training. Plyometric training is a form of training with the aim to perform in the shortest possible time a fast, powerful and explosive movement that helps build muscle. (Price from 15cm plyo box)

CHF 129.00

Plyometric training is particularly interesting for athletes who need to improve their jumping power or explosiveness, such as basketball, soccer, handball, martial arts and many athletics disciplines. Plyometric training is primarily designed to improve lower body jumping power and upper body throwing power.

Plyometric training aims to increase an athlete's jumping power and quickness. It also leads to shorter reaction times and better flexibility. In addition, depending on the training, certain exercises lead to an improvement in coordination and condition. Since not only muscles, but also tendons and ligaments are stressed, these can be strengthened with regular training. This minimizes the risk of injury.

In summary, plyometric training improves:

- Reaction time
- Maximum strength
- Flexibility
- Coordination
- Condition
- Reduction in the susceptibility of ligaments and tendons to injury

Equipment:

- 2,5x2,5cm steel frame
- 1,25cm thick wooden platform with non-slip rubber coating
- easy to move
- available in 7 versions in different heights: 15cm, 30cm, 45cm, 61cm, 76cm, 91cm, 107cm



- stackable

15cm (5,3kg) - CHF 129.--

30cm (8,9kg) - CHF 159.--

45cm (11kg) - CHF 179.--

61cm (14kg) - CHF 199.--

76cm (16,6kg) - CHF 219.--

91cm (19kg) - CHF 239.--

107cm (22,6kg) - CHF 279.--