



Body Solid 3-in-1 Plyometric Wooden Box (BSTWPBOX)



The 3-in-1 plyo block combines all the advantages of Body Solid's plyometric boxes. The plyometric boxes from Body Solid are ideal for crossfit, personal training and plyometric training. Plyometric training is a form of training with the aim of performing a fast, powerful and explosive movement in the shortest possible time, which supports muscle building.

CHF 249.00

Plyometric training is particularly interesting for athletes who rely on jumping power or explosiveness, such as basketball, football, handball, martial arts and many athletics disciplines. Plyometric training is primarily intended to improve lower body jumping power and upper body throwing power.

Plyometric training aims to increase an athlete's jumping power and speed. However, 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. As not only muscles but also tendons and ligaments are used, these can be strengthened with regular training. This minimizes the risk of injury.

In summary, plyometric training improves:

- Reaction time
- maximum strength
- flexibility
- coordination
- fitness
- Reduction of injury susceptibility of ligaments and tendons

Equipment:

- the plyo block is available in 3 different heights: 51cm, 61cm, 76cm
- made from durable, high-quality wood
- exercises on the wooden box
- non-slip surface
- sandblasted corners for more safety

**The Shark
Fitness Company**



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- easy to move (recessed handles)
- payload 135kg
- weight 26kg