



## Body Solid Landmine Plate Pivot (LMPP)



The LMPP Landmine Plate Pivot is Body-Solid's most versatile landmine, offering users an almost unlimited variety of exercise options. The Landmine Plate Pivot from Body Solid slides easily into stacked weight plates with 50.8cm diameter

**CHF 49.00**

Landmines and related accessories continue to grow in popularity each year and are versatile, safe and easy to use.

A 360-degree pivot allows for convenient rotational exercises, paired with a strong 7-inch base that easily slides into stacked 45-pound plates. 7-gauge steel means the LMPP can withstand the rigors of an intense gym.

With almost any Olympic bar, users can perform rows, deadlifts, presses, squats and more. Landmine exercises allow users to train in multiple planes while targeting a range of muscle groups. With a variety of rotational exercise options, landmines improve strength and power while training the stabilizing muscles of the core, hips and shoulders. Trainers and strength coaches alike love landmines because they are safe, easy to use and, most importantly, effective. Landmine exercises are easy to learn and don't carry the same safety risks as traditional lifting moments. Landmines are also ideal for large groups without fear of injury from improper form or lack of supervision.