



## Jordan Sync Box (JLSYNCB0X)



The Sync Box from Jordan is ideal for Crossfit, personal training and plyometric training. The sturdy and stable platform of the Sync Box is equipped with soft, durable, shock-absorbing and non-slip materials. Plyometric training is a form of training with the goal of performing a fast, powerful and explosive movement in the shortest possible time to help build muscle. Thus, the sides, corners and edges are created to avoid bumps and bruises.

**CHF 579.00**

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:**

- Sync Box's sturdy and stable platform features soft, durable, impact-absorbing and non-slip materials (soft foam)
- impact-absorbing platform promotes balance, strength and adaptability of muscles



- gentle on the joints and forces the muscles to adapt quickly and improve balance
- especially effective in the rehabilitation of sports injuries.
- soft sides, corners and edges prevent joint stress and light shocks
- easy to move
- ideal for all ages and abilities
- size: 800mm x 800mm x 500mm
- weight 12kg