



## Jordan Plyometric Boxes, set of 5 boxes (JLSPB2-5)



The set of 5 boxes - the plyometric boxes from Jordan 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 1'449.00

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

### Features:

- Content made of high-density foam
- high-quality, non-slip vinyl coating (vinyl products manufactured in the EU are now subject to strict regulations: plasticizers (phthalates) or other harmful additives that are hazardous to health are prohibited)
- Soft surface reduces joint stress



- each plyometric box can be used separately or in combination with other Jordan plyometric boxes. the plyometric boxes can be stacked on top of each other and attached to each other using Velcro fasteners
- easy to move
- surface dimensions 91.4 x 76.2 cm
- total height all stacked 160cm
- available in 5 versions in different heights: 7.6cm, 15.2cm, 30.4cm, 45.7cm, 60.9cm
- the relatively heavy weight of the individual boxes underlines the high quality and resilience of Jordan's plyometric boxes: 4.5kg, 6kg, 10kg, 13.6kg, 17kg

### **Scope of delivery**

5 boxes consisting of:

- 1 x box with height 7.6cm, black/yellow
- 1 x box with height 15.2cm, black/blue-green
- 1 x box with height 30.4cm, black/orange
- 1 x box with height 45.7cm, black/purple
- 1 x box with height 60.9cm, black/red