

3 IN 1 Wood Plyo Games Plyometric Jump Box

RRP: \$429.95

This is the same type of versatile Wood Plyo Box utilised in the CrossFit Games competition, with a unique 3-in-1 design. This jump box is built for safe, effective plyometric training at any skill level, and is made of sturdy wood, giving it an appealing classic look. Add a Plyo Box to your garage gym to change up your workouts or order them in bulk to equip or upgrade a large scale strength and conditioning facility.

Specifications:

- CNC machining means quality construction
- Pocket screws and fasteners secure wooden sides
- Weight: 56 lbs
- Height Options: 20", 24", 30" for multiple fitness levels
- All edges are rounded over for safety
- 3-in-1 design

