

ACCESSORIES / CROSSFIT ACCESSORIES



3 IN 1 WOODEN PLYOMETRIC BOX



Specifications

Benifits:

Aerofit Plyometric workouts consist of explosive training sessions that consist of fast, powerful movements. They are often used by athletes to improve their sports performance. The 3 in 1 box has a solid plywood construction with internal bracing. It gives the user three different jumping heights to choose from: 20", 24" and 30" on the larger box.

The biggest benefit of the Aerofit Plyometric box jump is that it improves the reaction of fast-twitch muscle fibers throughout the body. This exercise requires your leg and core muscles to contract very quickly so you can generate maximum force with each leap. Each rep forces your body to recruit more muscles to either catch air or sink lower into exercises like squats.

3 Sides Different Sizes: 30 Inches, 24 Inches & 20 Inches