Foam Jumping Platform O'Live, 60 cm

Plyometric platform essential for performing jumping exercises.

A standard box may present some risk to inexperienced or tired athletes and users. The foam jumping platform provides a safe and stable base that eliminates that risk.

Product description:

A plyometric box is to perform exercises with maximum force with the muscles in the shortest possible time.

A standard box may present some risk to inexperienced or tired athletes and users. The foam jumping platform provides a safe and stable base that eliminates that risk.

As it is a soft material, the consequences of possible stumbling are minimized.

For this reason they are used for explosive jumps at high altitudes or by less experienced users.

Available in different heights, they can be stacked one on top of the other by means of Velcro.

Made of high density Eva foam.

Action: 60cm

Reference: EN50404.00
EAN13: 8436554047901
UPC: -