



Action: 15cm

Foam Jumping Platform O'Live, 15 cm

The plyometric platform is essential for performing jumping exercises.

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.

Reference: EN50401.00

EAN13: 8436554047871

UPC: -
