

# Plyometric Box

SKU: 622ft175



## Product Information:

This component is similar to indoor gym equipment like aerobic steps and boxes for jumping onto. It is highly flexible and serves for cardio jumping and step ups as well as strength training like push-ups and dips. The top surface is made from high quality marine-grade slip resistant plastics. It is available in several heights (6", 12", 18" & 24") to meet site-specific and user needs. These boxes are often grouped together to offer multiple step heights for various levels of challenge.

- Steel construction with rust resistant coating
- Sign Package Sold Separately
- Available in 6", 12", 18" and 24" heights

Fitness Focus	Color Options	Age	Dimensions	Minimum SqFt
Aerobic	ActionFit	13 and up	23" x 23" x 6"	4
Balance & Flexibility				