

# BSTPB PLYO BOXES



## BSTPB PLYO BOXES

The Body-Solid Plyo Boxes are a must-have training tool for explosive jump and speed training. Athletes of all levels use these boxes for forward, lateral, and other plyometric jumping drills. Increase not only in your vertical jumping ability, but also drastically increase foot speed, cardiovascular endurance, overall leg strength and health, and “out of the blocks” explosion. The number of exercises you can perform are endless and only limited by your creativity. Professional, college, high school and even grade school athletes can improve performance and increase speed agility and all around fitness levels with plyometric training.

## Special Features

- 1" square 12 gauge steel tubing
- 300 lb weight capacity
- ½" plywood platforms with non-slip rubber surface
- Scratch-proof powder-coat finish
- Available in 6", 12", 18", 24", 30", 36" and 42"
- Designed to stack for easy storage
- Assembled Dimensions:



**BSTPB6**  
9.85" X 9.85" Top  
11.8" X 11.8" Base



**BSTPB12**  
11.3" X 11.3" Top  
16.9" X 16.9" Base



**BSTPB18**  
13.7" X 13.7" Top  
20.1" X 20.1" Base



**BSTPB24**  
16.05" X 16.05" Top  
23.2" X 23.2" Base



**BSTPB30**  
18.4" X 18.4" Top  
26.4" X 26.4" Base



**BSTPB36**  
20.8" X 20.8" Top  
29.5" X 29.5" Base



**BSTPB42**  
23.15" X 23.15" Top  
32.7" X 32.7" Base