

Power Grip Plyometric Box

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Build leg strength and boost your power with the ProsourceFit 3-in-1 Wooden Power Grip Plyometric Box. The textured surface provides supreme grip when performing box jumps, step-ups, and more exercises. Train on 3 different height levels all in one box with the versatile construction.

OVERVIEW

Boost your explosive power and stamina with the ProsourceFit 3-in-1 Wooden Power Grip Plyometric Box. The 3-in-1 design allows you to perform various exercises on different heights by just turning the box over! Feel secure grip when you land on top of the box with the textured surface covering every side of the box. The sound construction of the wooden plyo box is designed to withstand endless impact from jumps and step ups during your CrossFit workouts and WODs. All edges of the jump box are sanded to soft edges for safety including the two cut-out carrying handles which make moving your box an ease! All boxes include screws and pre-drilled holes for easy assembly.

- Available in three sizes: 30L x 20W x 24H-inch, 24L x 16W x 20 H-inch, and 16L x 12W x 14H-inch
- 3 different heights all in one box
- Power grip texture to prevent slips
- 2 cut-out handles for easy moving

- Durable wood with 300 LB capacity
- Assembly manual and screws included