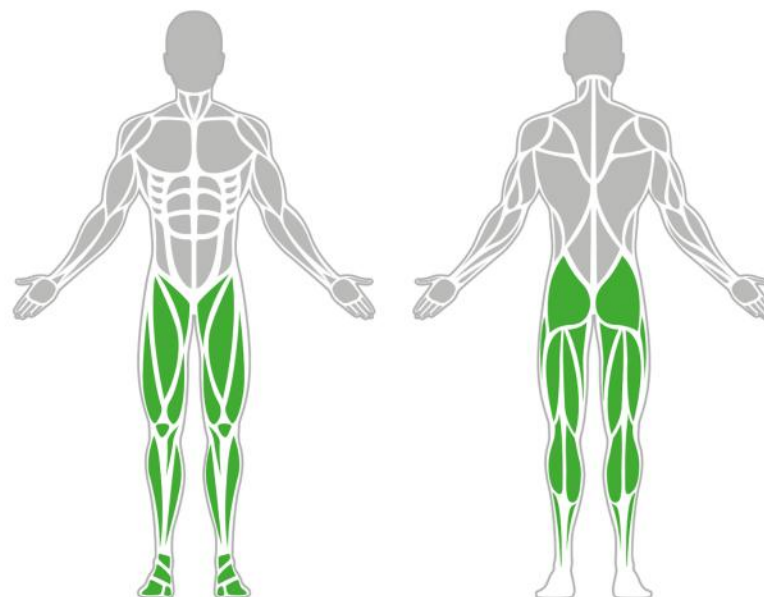




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Muscle Groups Focus



PLYO BOX

It is a tool for developing dynamic leg strength, which can also be used to improve lateral stability, and is also a popular tool for injury prevention exercises. It is primarily used to strengthen knee and ankle stability. It can also be used in rehabilitation.

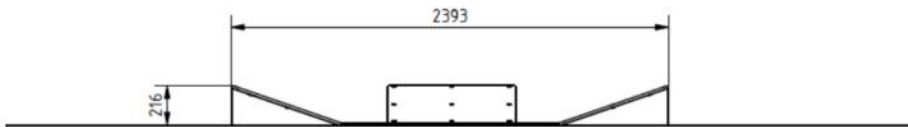
Attributes

Product code	1-1-186
Certificate	EN 16630
Age group	14 + years
Capacity	1 Person
Type	Strength
Difficulty level	Easy

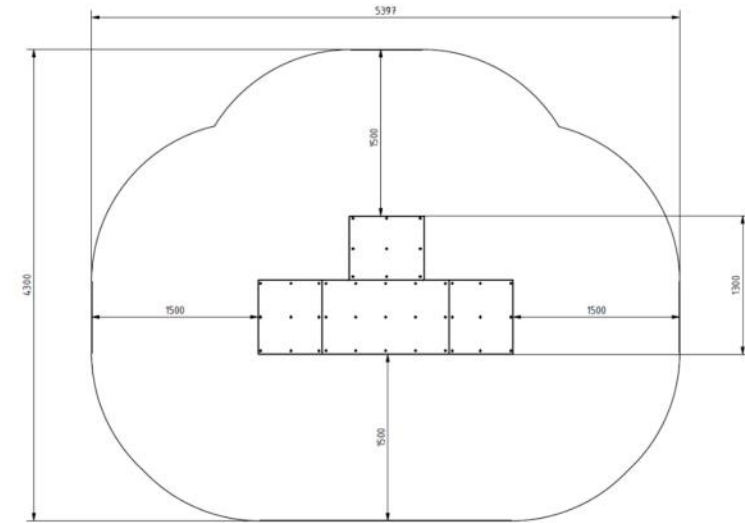
QR Code



Side View



Plan View



Installation information

Safety surface area	Around 1.5 m radius
Number of installers (concrete)	1-2 people
Total installaion time (concrete)	80-140 minutes
Number of installers (equipment)	min 2 people
Total installaion time (equipment)	45-60 minutes
Excavation volume	1,4 m ³
Concrete volume	1,4 m ³
Size of the base structure	2piece 0,5*0,5*0,8 2 piece 0,8*0,8*0,8
Anchoring options	In-ground or surface

Technical specification

Dimensions L / W / H	1446x2393x216 mm
Net weight	161 kg
Column distance	-
Material	S235
Critic falling height	305 mm
Color options	
For more color options, discuss with your sales representative.	

Warranty

Structure	10 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	3 years
Moving parts	2 years
Detailed information in the warranty document	

Material specification



The top surface of the Lateral Plyo Box is covered with the highest quality non-slip HDPE.