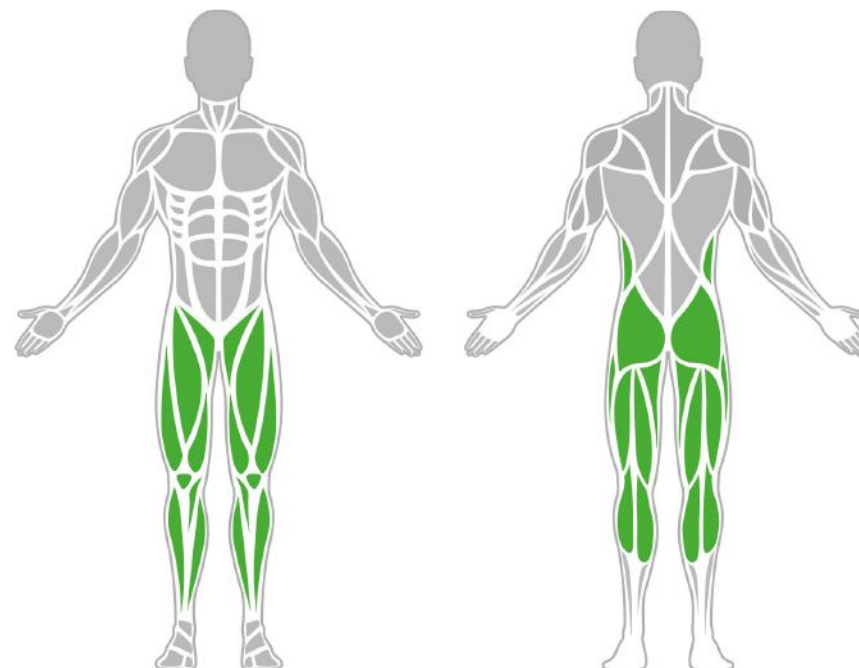




Muscle Groups Focus



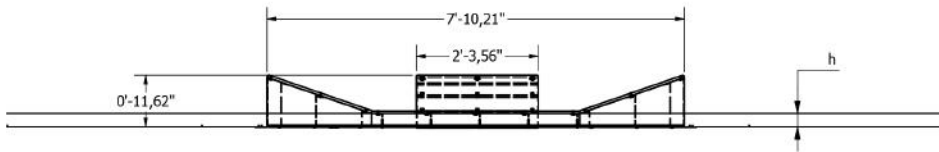
Lateral Plyo Box Pro

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.

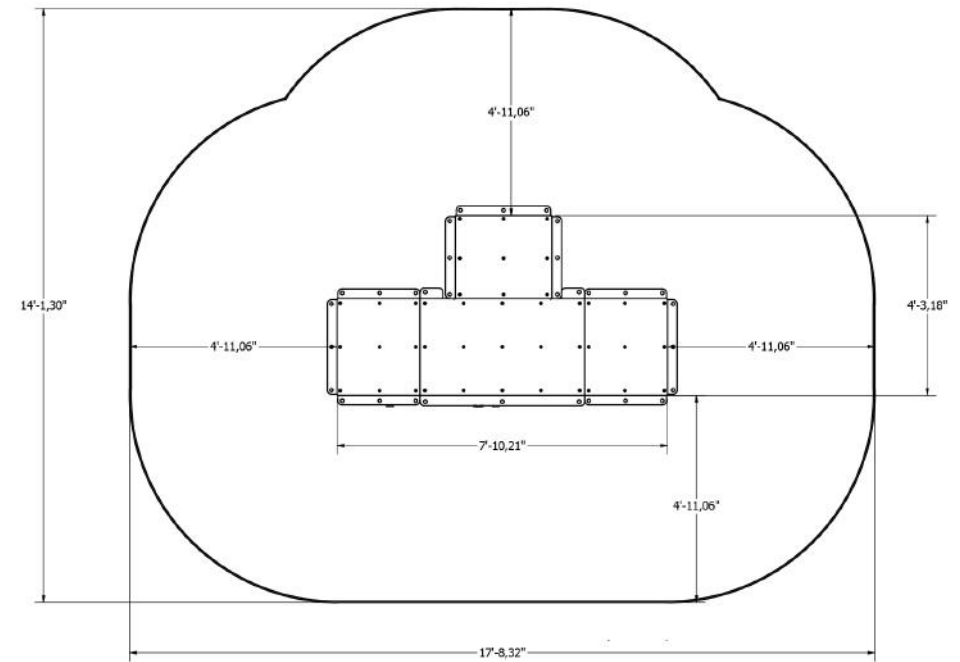
Attributes

Product code	1-1-186
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	218.26 lbs
Type	Sport Specific
Difficulty level	Easy

Side View




Plan View



Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	80-140 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	45-60 min.
Excavation volume	49,44 ft ³
Concrete volume	49,44 ft ³
Size of the base structure	2pc 19.69 x 19.69 x 31.5 „ + 2pc 31.5 x 31.5 x 31.5 „
Anchoring options	In combined structures, the volume of concrete required varies in-ground or surface

Technical specification

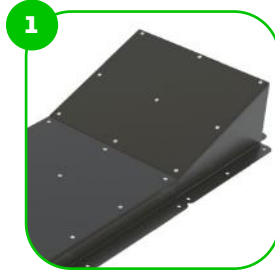
Safety surface area	Around 4.92 ft radius
Net weight	354.94 lbs
Material	S235
Critic fall height	11.93"
Color options	

For more color options, discuss with your sales representative.

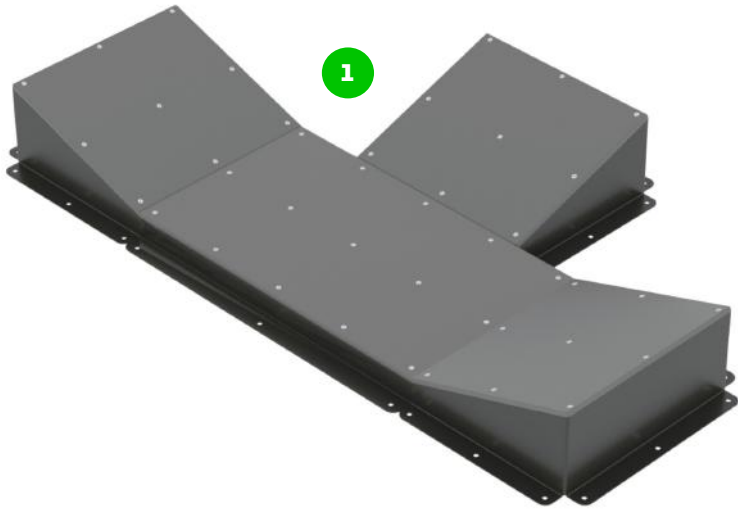
Warranty

Structure	25 years
Steel	15 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 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.



BESTRONG

 [bestrongworld](#)  [bestrongworld](#)  [usa.bestrong.com](#)  usa@bestrong.com



Sport and fitness products are compliant with the EN16630 and ASTM F3101 Standards.