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Белгород (4722)40-23-64
Брянск (4832)59-03-52
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Киров (8332)68-02-04
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www.gymstick.nt-rt.ru | | gmy@nt-rt.ru

Технические характеристики на плиобоксы компании **GYMSTICK**

Wooden Plyobox



Wooden Plyobox is great and simple solution for varying box heights. The box provides three different heights depending on which side is placed on the floor. The sturdy Plyobox with rounded edges and a non-varnished surface (for grip when landing) ensures that the Plyobox is a safe tool to use for plyometric training. Three different heights in one: 50cm, 60cm and 76cm, delivered in parts (screws included).

Technical information

SKU 61162

EAN 6430016907224

Size (cm) 76 x 60 x 50

Weight (kg) 23

Materials Wood

Additional information

Max. User (kg) 120

Note 1 box (three heights 50, 60 ja 76cm)

Includes 1pcs Plyobox, assembly instructions and parts

Product package

Package (cm) 12 x 78 x 65

Package (kg) 24

Plyobox



Plyoboxes can be used effectively to train reaction times and speed, coordination, agility and balance. The Plyobox has a non-slip rubber surface, durable steel frame to provide a safe thrusting tool for plyometric training. Plyoboxes can be used in fitness centers, sports institutes, for Crossfit and exercising at home. Plyoboxes are available individually or as a set.

Available in 30cm, 45cm, 60cm and 75cm.

Plyobox 30cm

Technical information

SKU 61076-30

EAN 6430016906104

Size (cm) 43 x 43 x 30

Weight (kg) 9,6

Materials Steel and Rubber

Additional information

Max. User (kg) 130

Product package

Package (cm) 47 x 47 x 8,5

Package (kg) 10

Plyobox 60cm

Technical information

SKU 61076-60

EAN 6430016906128

Size (cm) 58 x 58 x 60

Weight (kg) 13

Materials Steel and Rubber

Additional information

Max. User (kg) 130

Product package

Package (cm) 62 x 62 x 8,5

Package (kg) 13,5

Plyobox 45cm

Technical information

SKU 61076-45

EAN 6430016906111

Size (cm) 50,5 x 50,5 x 45

Weight (kg) 11,6

Materials Steel and Rubber

Additional information

Max. User (kg) 130

Product package

Package (cm) 54,5 x 54,5 x 8,5

Package (kg) 12

Plyobox 75cm

Technical information

SKU 61076-75

EAN 6430016906135

Size (cm) 63 x 63 x 75

Weight (kg) 17

Materials Steel and Rubber

Additional information

Max. User (kg) 130

Product package

Package (cm) 67,5 x 67,5 x 8,5

Package (kg) 17,5

Soft Plyobox 3-in-1



Gymstick Soft Plyobox is the perfect tool for training your agility and explosiveness at home or at the gym. Durable and steady wooden box is covered with soft padding and a pleasant fabric. The padding makes the box safer to use than traditional wood-only plyoboxes, especially if you fall during a jump. Height of the box is easily changable by simply flipping the box, and the sides are clearly marked for the height.

Technical information

SKU 61091

EAN 6430062514711

Size (cm) 50 x 60 x 75

Weight (kg) 19

Additional information

Max. Load (kg) 300

Product package

Package (cm) 51 x 61 x 76

Package (kg) 20

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