

ASSEMBLING STEPS



The wooden plyobox can be assembled in 6 simple steps (see above). For faster assembly, we recommend a cordless screwdriver. The wooden box can be disassembled and reassembled a maximum of 3 times. The solid plyobox measures 60 x 50,5 x 75,5 cm and weighs approx. 24 kg. The maximum load capacity is 200 kg.

3 STEPS TO YOUR WORKOUT

STARTING POSITION

Stand in front of the box with your feet shoulder-width apart.

Swing your arms behind you and with a quick movement get into a squat position.



JUMP

From the squat position swing your arms quickly forward again.

Pull your knees to your chest and explosively jump onto the Plyo Box.



LANDING

Land stably on the box in a squat position and push off with your heels to stand securely on the box.

