

# JUMP! BOX

Looking to take your workout literally to the next level? The HeroStrength® “Jump!” Box will help increase your stamina through repetition of explosive exercises and height-challenging movements. With the clever idea of a 3-in-1 plyometric box, this great space-saving box is the perfect tool to introduce beginners to plyometrics, preventing any risk of injury with its soft high density foam and anti-slip surface. User simply flips the box to create three different configurations without being exposed to harm or affliction to the shins from miscalculation while moving towards the desired fitness goals. Weighted in the middle and made to absorb the impact of the exercises on the members’ joints. Measurements on box are shown in BOTH inches and centimeters. Weighing in at 88 LBS making this versatile box extremely stable!



- (20 x 24 x 30 in. / 51 x 61 x 76 cm) – 88 LBS

- 3-in-1 Plyometric Box; simply flip the box to create three different height configurations.

- Extremely soft high density foam and anti-slip surface eliminates any risk of harm or injury!



HJB printed with centimeters and inches