

Soft Plyometric Bench

The Soft Plyo Bench is made from a high-density foam and covered with hard wearing, non-skid vinyl, a key benefit is that the foam will absorb some of the impact during a landing. For many athletes and everyday clients, one of the potential down sides with plyo and jump training is the volume of stress going through the foot, ankle, knees and hips, the Soft Plyo Bench reduces this massively.

Not only that its size allows for numerous more exercises as shown on the side of the bench itself.



Side Handles



Large Landing Area



Soft Surface



Exercises shown on side

Technical Specifications

Rating	Commercial
Dimensions	100 x 40 x 30 cm 39.3 x 15.7 x 11.8 inches
Net Weight	18 kg 39.6 lbs
Gross Weight	19 kg 41.8 lbs

Key Features

Soft surface reduces stress on joints during landing	•
Side Handles for Transportation	•
Dimensions allow for a multitude of exercises	•
Light and easier to move around	•
High-density foam and covered with hard wearing, non-skid vinyl	•