

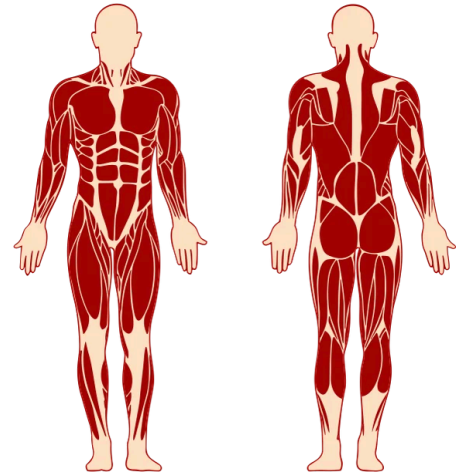
Art. K08044

Plyometric Platform

Stable platform for jumps and explosive power.



MUSCLES TRAINED



abdominals, obliques, back, thighs,
glutes, hips, calves, shoulders, chest,
biceps, triceps, forearms

TECHNICAL DATA

Length 0.75 m

Width 0.4 m

FEATURES

- Low maintenance, usable outdoors all year round