

MULTIPLYO.

A space-saving, three-in-one tool for plyometrics.

The Multiplyo's three-in-one plyometric soft box enables fast transitions between heights (which are the same as those used in the CrossFit Games) and saves space on the gym floor. It's also a softer alternative to traditional wooden or metal boxes, so it minimises the risk of injury.

For the latest version, we have replaced the previous zip fastening on the outer cover with Velcro. Testing shows that Velcro is better at absorbing forces than zips, and is therefore more durable for long-term use.



TECHNICAL INFORMATION.

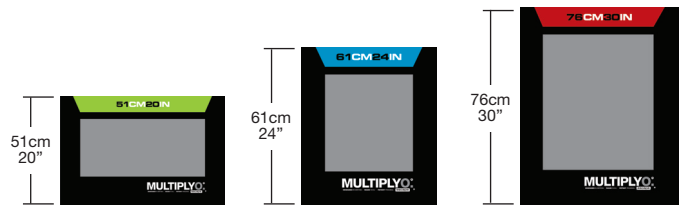
Dimensions:

Adjustable through three configurations:
51cm, 61cm and 76cm.

Materials:

GTEX outer covering, Velcro fastening, high-density rebonded foam core.

Warranty: 1 year.



Country of origin: UK.

CLUB BENEFITS.

- Safer than metal or wooden plyoboxes, so minimises injury risk.
- Space saving: three different heights all in one box.
- A compact, cost-effective way to introduce plyometrics and support CrossFit-style workouts.

PT BENEFITS.

- Clients of different abilities can work at a box height that suits them.
- Advanced and beginner clients can work out using the same box.
- A great tool to incorporate into circuit-style workouts.

USER BENEFITS.

- Develop explosive power and burn calories at the same time.
- Train fast twitch muscle fibres - the largest, strongest muscles in the body.
- Extremely safe: soft and will not graze shins or knees.



High quality, strong GTEX outer that's easy to wipe clean to maintain good hygiene.



Soft and extra safe for steps, bounds and jumps.



Anti-slip landing zones for maximum user confidence.



Weighted for stability, yet still light enough to carry.



High-density foam for shape retention, with a durable Velcro fastening.

WHY CHOOSE AN ESCAPE MULTIPLYO?

The Multiplyo is a single product solution for plyometric training. It offers three different height variations, matching the heights of the boxes used in the CrossFit games, and is ideal for step and bounding exercises. The Multiplyo is also fantastic for inclusion in group circuit classes, allowing users of different abilities to change the height quickly and easily in between stations.

It is designed to be tough enough for every workout, but its soft design means they are no bruised shins. And now, with the upgraded Velcro fastening, it's even more durable so will keep on performing in clubs for years to come.

