



FEATURED MOVE: PLYOMETRIC CUBE JUMPS

FEATURED PRODUCT: SMART PLYO CUBE

Plyometrics, sometimes called "Jump Training," has steadily increased in popularity and is being incorporated into many workouts. The purpose of plyometrics is to improve explosive power.

Smart

SELF-GUIDED FITNESS



STEP 1

Begin in a deep squat position with a step or sturdy platform or box in front and arms bent next to the sides of the body.

STEP 2

Swing the arms and jump as high as possible, landing quietly and with control in a squat position on the step. Both feet should land at the same time and weight should stay in the heels.

WHAT THE EXPERTS SAY:

If you've ever scraped up your shins doing box jumps on a hard surface product, you will appreciate the difference the SMART Plyo Cube makes! Plus, the 3 in 1 height option makes for great variability in exercises.

WE MAKE IT SMART. YOU MAKE IT HAPPEN.