

ROUND PLYOMETRIC STEPS (Set of 3)

SHP2009-7-37

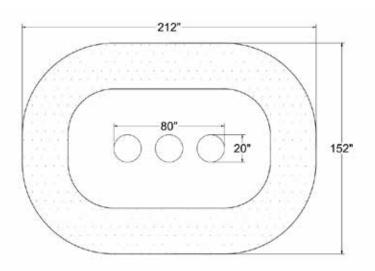


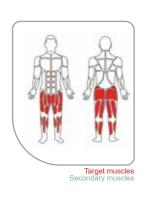
 LENGTH
 80"

 WIDTH
 20"

 HEIGHT
 25"/21"/16"

 WEIGHT
 90 lbs





Functions:

- Develops posture control
- Improves cardiovascular endurance
- Use for a variety of upper and lower body exercises

