

INCLUDED

Screws – 40

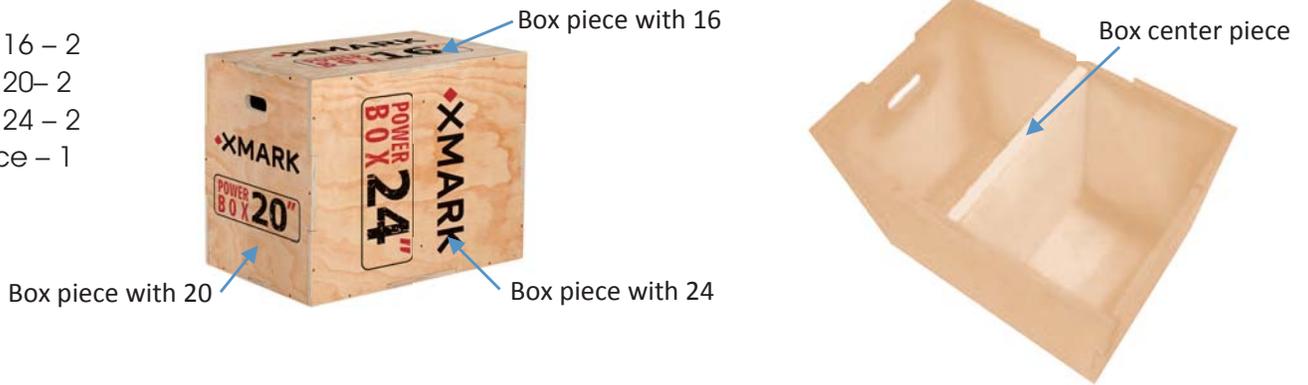
Wrench – 1

Box piece with 16 – 2

Box piece with 20 – 2

Box piece with 24 – 2

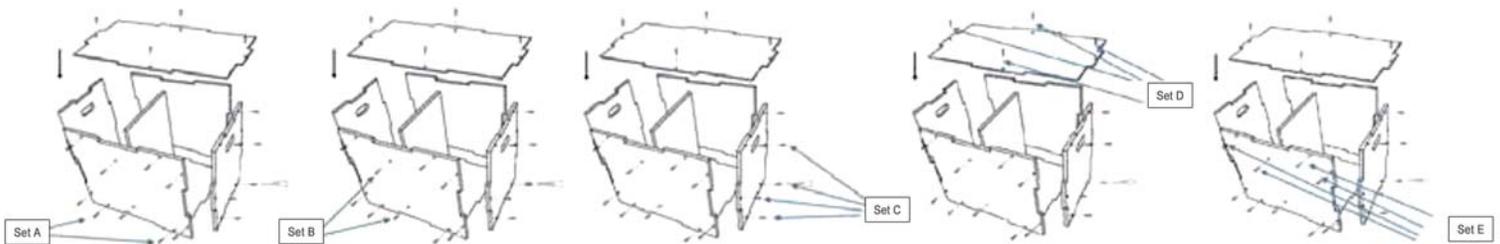
Box center piece – 1



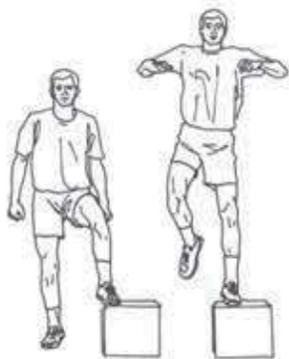
INSTALLATION OPTIONS

Steps:

1. Start by placing one of the pieces with the 16 on it on the ground, with the number facing the ground.
2. Then place one of the pieces with 24 perpendicular to the piece with 16 on it. Make sure the piece is facing the same direction as the picture above.
3. Screw in the two screws shown in Set A
4. Place the other piece with 24 on it on the opposite side and screw in 2 screws shown in Set A. Make sure the piece is facing the same direction as the picture above.
5. Place the Center piece between both pieces with 24 on it.
6. Screw in the two screws shown in Set B on both sides.
7. You will use a total of 4 screws, two for each side.
8. Place one of the pieces with 30 on it on the side short side remaining perpendicular to the floor. Make sure the piece is facing the same direction as the picture above.
9. Screw in the 4 screws shown in Set C.
10. Repeat steps 8 and 9 for the other piece with 30 on it.
11. Place the remaining piece with 16 on it on top. Make sure the piece is facing the same direction as the picture above.
12. Use the 4 screws to screw in the piece with 16 on it shown in Set D.
13. Repeat Step 12 for the other side of the box.
14. Use 4 more screws to screw in the piece with 24 on it shown in Set E.
15. Repeat Step 14 on the opposite side.



BASIC WAYS TO USE THE PLYOBOX



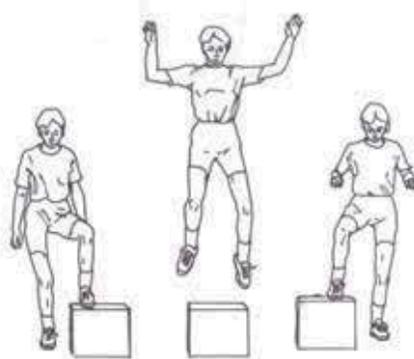
1. LATERAL STEP-UP

START

Standing to the side of the box, place the foot closest to the box on top of it.

ACTION

Use the leg on the box to raise the body until the leg is extended, then lower to starting position. Don't push off the foot on the ground; use the bent leg to do all the work. Perform exercise using both legs.



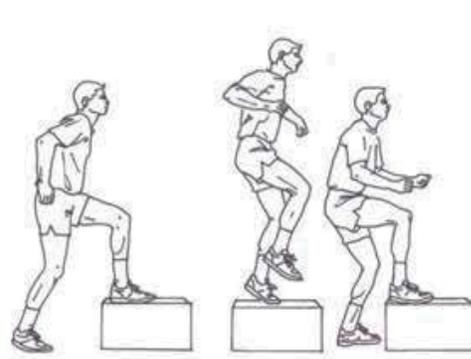
2. ALTERNATING PUSH-OFF

START

Stand to one side of the box with the left foot raised onto the middle of box.

ACTION

Using a double arm swing, jump up and over to the other side of the box, landing with the right foot on top of the box and the left foot on the floor. This drill should be done in a continuous motion, shuffling back and forth across top of plyo box.



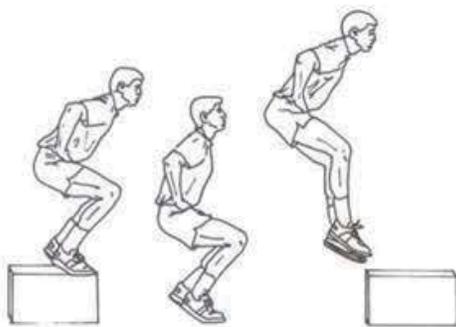
3. ALTERNATING PUSH-OFF

START

Stand on the ground and place one foot on the box, heel close to closest edge.

ACTION

Push off of the foot on the box to gain as much height as possible by extending through the entire leg and foot; land with feet reversed (box foot lands a split second before ground foot). Use a double arm swing for height and balance.



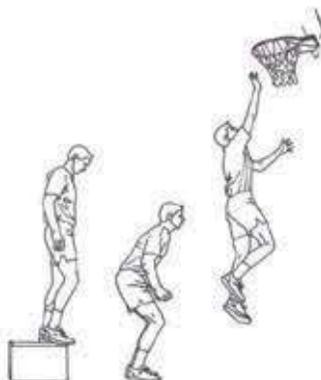
4. SQUAT DEPTH JUMP

START

Stand on a box in a quarter-to-half-squat, toes close to the edge.

ACTION

Step off the box and land in a 90-degree squat position. Explode up out of the squat and land solidly in a squat. For added difficulty, land on a second plyo box of equal height after the jump.



5. DEPTH JUMP TO RIM JUMP

START

Stand on a box, toes close to the edge

ACTION

Step off the box and land on both feet. Immediately jump up, reaching with one hand toward the marker, and then do repeated jumps, alternating hands and trying to reach the object each time. Time on the ground should be very short, with each jump being as high as the one before. Perform three to five rim jumps after each depth jump.



3. DEPTH JUMP WITH 360-DEGREE TURN

START

Stand to one side of the box with the left foot raised onto middle of the box.

ACTION

Step off the box and land on both feet. Immediately jump up and do a 360-degree turn in the air, landing again on both feet. For added difficulty, land on a second box after doing the turn. This is an advanced drill - it should not be performed by beginners.