



PlyoRebounder

The new dual-ring, spring-protected PlyoRebounder is a tough, versatile, multi-faceted tool for slow or quick response plyometrics, proprioception and upper and lower body agility training. Enhance explosive power, core stability balance and coordination with the ability to work progressively from rehab to high performance.

- Develop core strength
- Improve reaction time
- Increase agility
- Increase cardio with low compression exercises

PlyoRebounder also serves as a low-compression jogger** for monitored cardiovascular work—accommodating up to 220 lbs of weight—utilizing the stabilizing handlebar.

**Not recommended for unassisted, high-intensity running/jogging workouts.

Features:

- Dual Ring Spring Protection
- Eleven Positions—from flat to 55° tilt
- Plyo-training with up to 20 lb Medicine Balls
- Stabilizes with Olympic weights* for heavy plyo-training
- Folds and rolls for transport

Commercial Warranty: One Year