

# Plyometric Boxes

## TG0841

Jump to it with TGO's all new Plyometric Boxes. Great for the super-fit to the new user, these are a fantastic addition to your gym giving an excellent cardiovascular work out, improving heart and lung function, as well as improving leg strength and overall tone. There are a number of exercise variations on this piece of equipment. The bars around the edge enables the user to perform incline and declined press ups, as well as tricep dips.

### Specification

1. 100% Made in Britain
2. Certified to EN16630, (legacy standards, BSI PAS888 - safety compliant for ALL ages, users and non-users & DIN79000 - safety compliant for users, aged 14+). All TGO outdoor gym equipment is free from exposed end stops, entrapments, sharp edges and crush points

**ALWAYS ASK FOR EN16630 FOR OUTDOOR GYMS**

3. Great instructional signage- workout QR code videos, start and finish diagrams.
4. Weatherproof
5. Resistance-based equipment - no electricity required
6. Low maintenance
7. Designs include key elements of Inclusive Fitness Initiative guidelines
8. TGO plant a tree in the NHS Forest for every piece of equipment sold
9. Anti vandal fixings
10. Available in all major RAL colours
11. Stop mechanisms concealed
12. Paint UV stabilised
13. Welds certified to EN15015614
14. Powder coated finish
15. Separate ground anchor for future upgrades





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### Production Details

Manufacturer Standard: EN16630 (legacy standards - PAS888, Din79000)  
 Framework: Mild Steel Grade S275 (min 3mm thick)  
 Finish: High quality gloss finish polyester powder coat paint  
 Tread Plate: Aluminium  
 Signage Plate: High quality reverse printed PETG (found on the 400mm high box)

### Enhanced Corrosion Protection

An enhanced corrosion protection is available on request for this product. Hot dip galvanising is the process TGO use to add a protective coating to the body of our products on our equipment in coastal areas, which have higher air salinity or in harsh urban and industrial atmospheres with higher sulphur dioxide pollution\*.

The upgrade includes:

- Upgrading to hot dip galvanising
- Fixings are upgraded from A2 to A4 stainless steel

\*An upgrade to galvanised steel will be necessary for the warranty in these environments.

### Installation

These boxes are installed onto a series of concrete pads. For further information please refer to the 'TGOGC Installation & Assembly Guidelines'. Please use to the diagram opposite for safety spacing.

### Safety

This product requires 1.5m of clear space around the equipment (green outline).

- Falling height: 0.5m (based on the tallest box)
- Clear Space: 22.3m<sup>2</sup> (when arranged as detailed top right)

There is no safer surface requirement and therefore TGO only recommend a minimal surface area (grey outline).

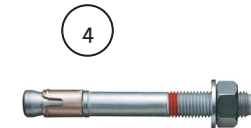
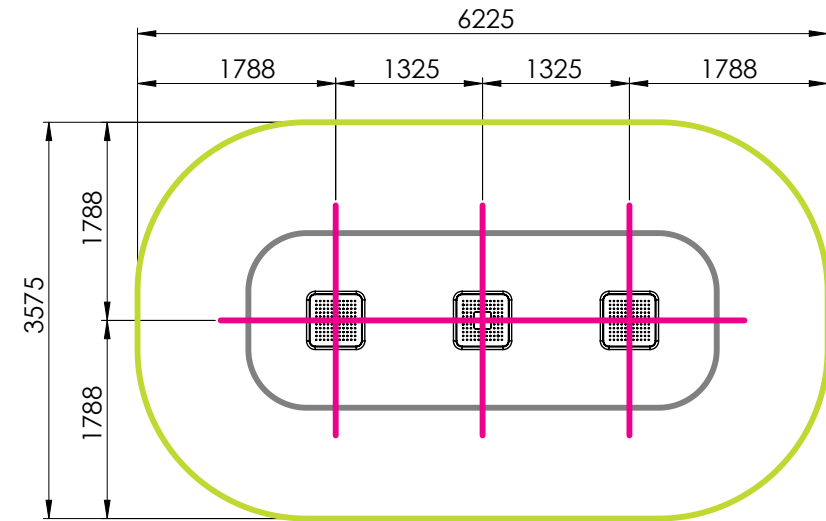
### Parts List

No	Part	Dimensions	Weight	Qty
1	500 Plyometric Box	L525, W525, H501	19.5 kg	1
2	400 Plyometric Box	L525, W525, H401	18.5 kg	1
3	300 Plyometric Box	L525, W525, H301	17.5 kg	1
4	HILTI Fixing	M12x145	0.1 Kg	12

This product can be mounted on medium anchors. Please request these if required:

5	Medium Anchor	L429, W429, H344	14 kg	3
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Clear Space Required Recommended Surfacing Base Plate & Centre Lines   
 (25mm tolerance added in each direction)



Ground anchor is separate, makes future upgrades easy!

