

SPEED & AGILITY

TOOLS TO MAKE ATHLETES FASTER AND MORE EXPLOSIVE.

Routines incorporating plyometrics and sled training are one of the most efficient ways to round out an athlete's training. We've worked hard to develop speed and agility tools that challenge the status quo. If you want to increase speed, Legend Fitness can push you in the right direction.

CHECK OUT MORE LEGEND FITNESS INSTALLATIONS ONLINE.

Visit our website to get a look at corporate wellness centers, health clubs, athletic training centers, private gyms, and other showcases from all over the world. See the showcases featured here and more online at www.legendfitness.com/showcases.



Selma High School
Alabama, USA



Harding University
Arkansas, USA



Fit Republik
Dubai, UAE

A 3231 PERFORMANCE PLYO CUSHIONS

Provides 7 height options, from 6 to 42 inches.
Engages stabilization muscles more than traditional steel boxes.
Removing the risk of injury encourages the user to attempt higher jumps.
Round design eliminates unstable corners.

Dimensions: 36 x 36 x 42 in. | Shipping Weight: 175 lbs.

B 3210-3N1 WOOD PLYO BOX 3-IN-1

Economical and space-conscious plyo device.
Three different dimensions of 20, 24, and 30 inches provides three jumping heights in one.
Sturdy construction from ¾-inch thick plywood.

Dimensions: 30 x 24 x 20 in. | Shipping Weight: 115 lbs.

C 3206 PLYO BOXES

A set of six durable, fully welded boxes with a thick rubber top.
Boxes measure 12, 18, 24, 30, 36, and 42 inches tall.
Also available without the 42-incher as a five box set, model 3134.

Dimensions: 32.5 x 32.5 x 42 in. | Shipping Weight: 289 lbs.

D 3310 ADJUSTABLE STEP-UP BOX

For weighted plyometrics or box squats.
Fully welded.
Steel platform tray w/thick rubber surface.
Transport wheels and foam rubber handle ease movement.
Adjusts in 3-inch increments from 9 to 24 inches.

Dimensions: 25.5 x 48.75 x 25.5 in. | Shipping Weight: 261 lbs.

E 3219 PULL SLED

Fully welded with a centrally located Olympic weight peg.
Supplied with a web leash.
Available in black only.

Dimensions: 25.5 x 12 x 10.1 in. | Shipping Weight: 19 lbs.

F 3262 PRO SERIES PUSH/PULL POWER SLED

Fully welded frame for extra strength and stability.
Multiple strap attachment points and handle options.
Frame can be loaded with kettlebells for additional weight if needed.
Tall Olympic-sized posts are removable, act as additional push handles.
Includes two web handles with snap links.
Sled feet are replaceable.

Dimensions: 39.5 x 33 x 38.75 in. | Shipping Weight: 96 lbs.

G 3400 MODULAR PUSH/PULL SLED

Fully welded frame for extra strength and stability.
Three-tier handles allow for power/core strength in three different stances.
Front eyelets for web handles or belt straps.
Link up to seven of them together.

Dimensions: 71.5 x 39.75 x 54.75 in. | Shipping Weight: 284 lbs.



Weights sold separately. Three Modular Push/Pull Sleds (3400) shown linked together.