

PLYO HURDLES!

Brand New! Only \$59.00 All 4 sets!

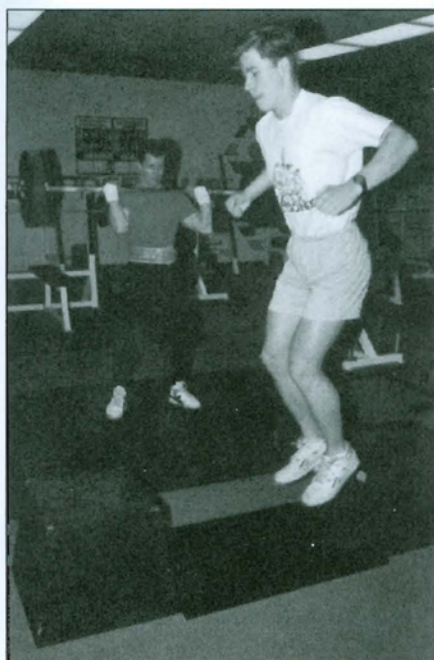
Now you can jump over hurdles safely and add a great plyometric station to your workout. Equally productive from the junior high to collegiate athlete. Each lightweight hurdle comes with an easily adjustable nylon cord. Clearly marked for ease in raising or lowering the hurdle from a 6' to 30' height. Remember: You get all 4 hurdles for only \$59.00! Standard color is white. School colors available for only \$10.00 extra!

Call 1-800-628-9737



POWER JUMP PODS

Brand New! Only \$99.00 Per Set!

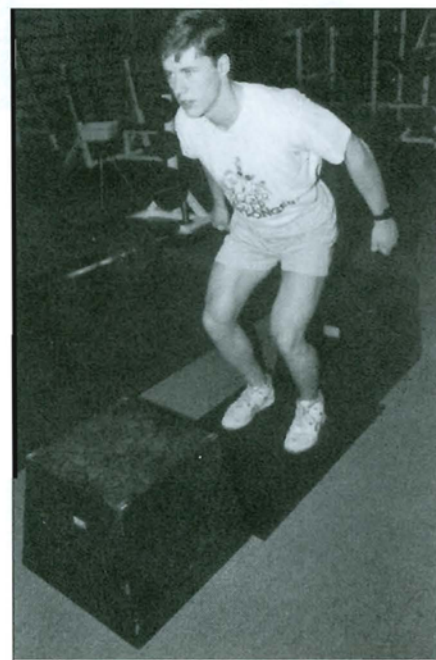


Each Set comes with two plyometric boxes and one 3x2 pad designed for perfect traction, safety and effect.

Many high school programs need to utilize every second with super efficiency to maximize results. Why not add a Power Jump Pod to your Power Clean area. Most coaches have 3 of 4 athletes at each station: one athlete lifts while the others stand and wait their turn.

We suggest to do a set of 10 Box Jumps in between sets. There is strong evidence to indicate that this procedure will make an athlete stronger for his next sets!

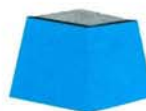
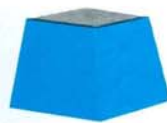
One athlete lifts, one box jumps while the other gets ready. Be time effective; add a Power Jump Pod. It's only 99.00! Call 1-800-628-9737



**RELEASE
THE POWER!**

BFS PLYO BOXES

- ★ Special Design for High Schools.
- ★ Has the Correct Height and Adjustability Levels for Beginners to Advanced Athletes.
- ★ Adjusts to Many Different Heights for Correct Progressive Growth.



Anti-Skid
Surface



NEW OPTIONS

- ★ School Colors
- ★ Carpeted Tops

**FULL SET HAS FOUR
BOXES AND TWO
BOOSTER BOXES**



Entire Set
Fits In Here



**Don't Do Plyometrics
The Wrong Way**

**Learn it the Right Way with the BFS Plyometric Box Jumping Video,
Available with the BFS Boxes.**

Full Set Cost: \$369.00

Painted In School Colors: Add \$50.00

Box Jumping Video: \$20.00

Shin Saving Carpeted Tops: Add \$50.00

Call 1-800-628-9737

BFS, 805 West 2400 South, SLC, UT 84119