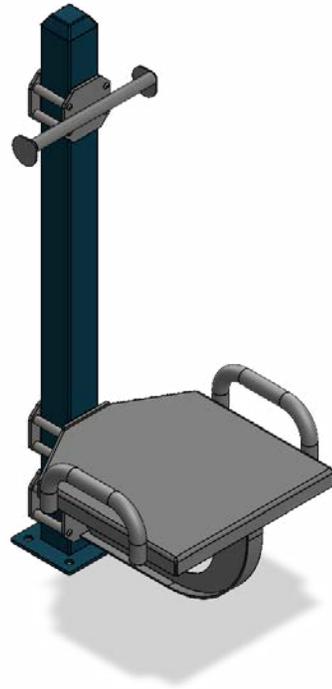


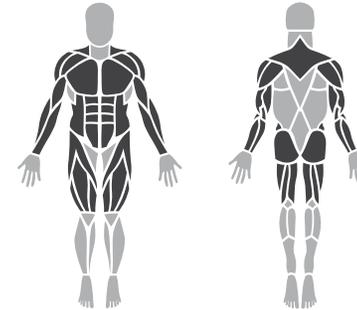
# Cali-Post-Mounted Plyo Box

#OF-200-01-04



A customizable-height plyo box and stability support handle anchored to a 36" steel post.

Diamond tread plate and side handles provide slip resistance and support.



## Targets:

Quadriceps, glutes,  
hamstrings,  
abs, obliques,  
shoulders,  
chest, arms

## GENERAL SPECIFICATIONS

**Ages** 13+

**User Capacity:** 1

**Number of Stations:** 1

## INSTALLATION SPECIFICATIONS

### Equipment (LxWxH):

23 in x 25 in x 18 in  
(59 cm x 63 cm x 46 cm)

**ASTM Fall Height:** 24 in (61 cm)

**Use Zone:** 8 x 2 ft (2.4 x 0.6 m)

**ASTM Pad Size:** 9 ft x 15 ft (2.6 m x 4.4 m)

**ASTM Safety Surfacing Area:** 114 ft<sup>2</sup> (11 m<sup>2</sup>)



## COLOR OPTIONS



# Available Exercises

## PLYO BOX EXERCISES

Step ups

Lateral box jumps

Box jumps

Bulgarian split squat

Glute bridge

Pistol squat

Single-leg step-ups

Calf step-ups

Single leg jump up squat

Bulgarian split squat

Single leg hip thrust

Tricep push up

Incline push up

Decline push up

Box dips

Toe taps

Burpee box jumps

Depth jump plus jump

Side plank

Plank

Bicycles

# Technical Design Features

## Frame

Vertical upright posts are constructed from 3/16" and 1/8" thick heavy-duty steel.

Bodyweight stations are a mix of steel thicknesses and circular, square and rectangular tubing.

## Instructional Placards

Instructional placards are 3.5 in. W x 10-12 in. L, made from 0.05 Polar Grip material and reverse printed with UV stabilized ink.

The adhesive is UV, water and temperature resistant.

## Engineered with Real Exercise Biomechanics

Safe and effective exercise biomechanics are built into every product through ergonomically designed bodyweight stations.

## Multi-Step Coating Process

**Abrasive Blast with Aluminum Oxide:** Surfaces are blasted with aluminum oxide to remove contaminants and create a textured profile that promotes strong adhesion of coatings.

**Pre-Treatment Wash:** Parts undergo a steam rinse, a zirconium-based chemical conversion coating for corrosion resistance and adhesion, a clean water rinse, and are then oven-dried to eliminate all moisture before coating.

**Zinc-Rich Primer:** A zinc-rich primer is applied (2.5-3.5 mil thickness) to provide corrosion protection and is oven-cured to form a durable bond with the metal surface. It is rated for 4000 hours of salt spray.

**Top Coat:** The final topcoat is applied for color, UV, and weather protection, then cured in an oven to create a long-lasting, high-performance finish. The polyester powder is applied with TGIC-Free super durable polyester, exterior grade powder.

## Tamperproof Cali-Clamp

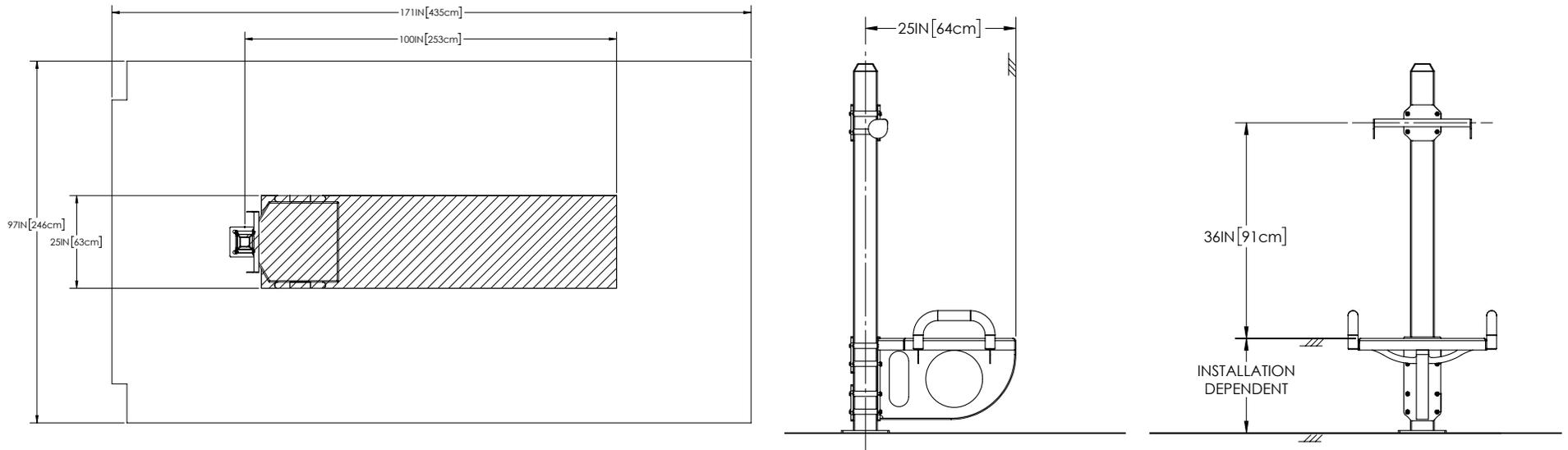
The Cali-Clamp is a high-strength, integrated clamp system engineered to prevent misuse and tampering. It securely fastens to upright posts using a standardized four-bolt pattern and is designed with stainless steel tamperproof torx fasteners and hardware.

For added security, fasteners are treated with Loctite Threadlocker Red 271, a high-strength anaerobic adhesive formulated to permanently lock threaded bolts. This compound requires the localized heat of a blowtorch to break the bond, making unauthorized removal impossible. When combined with a torx fastener, which offers no gripping surface for conventional tools, the result is a highly tamperproof and secure assembly.

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**ASTM Fall Height:** 24 in (61 cm) | **Total Height:** 18 in (46 cm) | **ASTM Safety Surfacing Area:** 114 ft<sup>2</sup> (11 m<sup>2</sup>)



[Click to see CAD details online](#)