

**With this adjustable speed ball plate you'll become a champion. You can adjust the height by simply moving the side handle. Just 10seconds and train. The speed ball hanger is included in the package.**

This Speed ball plate is very stable, solid and it has the possibility to set any height of exercise. Every boxer will appreciate this product. The construction is made of solid steel for long life and stability. By simply pulling out the locking pin, the tray will move up or down according to your needs. Ideal for training coordination for boxing, MMA, K1 and other combat sports.



## SHIPPING DIMENSIONS ACCESSORIES

**Size of package:** 70cm x 50cm x 40cm

**Weight:** 9kg

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