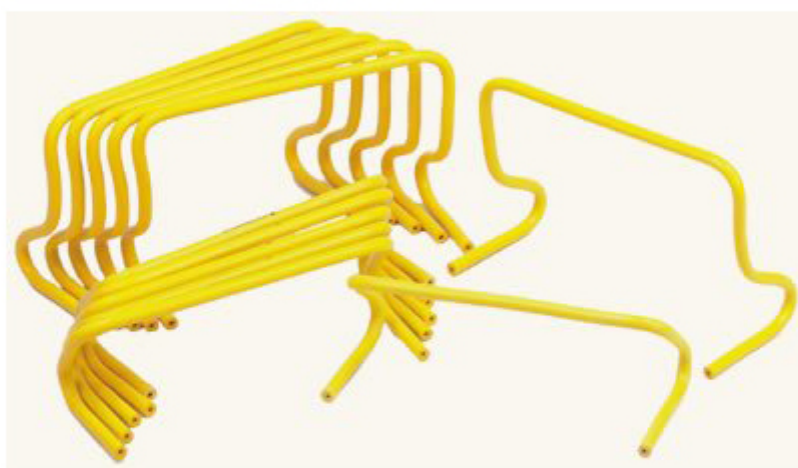


12 Inch Speed Hurdle (Single)

£13.50

Product Images



Short Description

Popular for sports and athletic clubs, schools and exercise classes this single 12" speed hurdle can be used in variety of ways to improve your agility, your speed of step and co-ordination. Made from eco-friendly

polypropylene it's very light but hard-wearing. You also get the additional 6" height if you swivel the extension up meaning you have 18" hurdles. Great for exercises like knee lifts, stride patters or plyometric jumps.

Description

Single 12" Speed Hurdle

Perfect for agility, SAQ and for circuits at home or in the gym, this single 12" speed hurdle with the 6" extension is affordable, robust and versatile if you are willing to do a little research on ways to use in exercises. You can improve your speed, introduce plyometric jumps, work on quick feet and check out stride patterns for running. Great as one component of a circuit class, see why this speed hurdle could be for your home gym.

Being made from an eco-friendly polypropylene, they are light and surprisingly robust given they will take a few knocks and kicks. With home gym circuits becoming more popular, or visits to the park, you can take these along for a complete range of exercises.

Additional Information

Weight	1.0000
Equipment Usage	Home Use