

Yes4All NLHH

Yes4All 3-in-1 Soft Plyo Box (Model NLHH, 16" x 14" x 12") User Manual

Comprehensive instructions for safe and effective use of your Yes4All Plyometric Box.

1. INTRODUCTION

Thank you for choosing the Yes4All 3-in-1 Soft Plyo Box. This manual provides essential information for the proper setup, safe operation, and maintenance of your plyometric box. Please read these instructions thoroughly before use to ensure your safety and optimize your training experience.

2. SAFETY INFORMATION

Always prioritize safety during exercise. Failure to follow these guidelines may result in injury.

- Consult a physician before starting any new exercise program.
- Inspect the plyo box for any damage or wear before each use. Do not use if damaged.
- Ensure the plyo box is placed on a flat, stable, non-slip surface.
- Maintain adequate clear space around the box to prevent collisions.
- Wear appropriate athletic footwear.
- Start with lower heights and gradually increase as your strength and coordination improve.
- Perform exercises with controlled movements. Avoid reckless or uncontrolled jumps.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.
- Keep children and pets away from the equipment during use.
- The maximum weight capacity for this plyo box is 450 pounds (approximately 204 kg). Do not exceed this limit.

3. PRODUCT OVERVIEW

The Yes4All 3-in-1 Soft Plyo Box is designed for plyometric training, offering three distinct height options in a single unit. Its construction combines durability with user comfort.

Key Features:

- **3-in-1 Design:** Provides 12-inch, 14-inch, and 16-inch height options by rotating the box.
- **Durable Construction:** Features a sturdy wooden core for stability.
- **Soft Cushioning:** Covered with EVA foam and a vinyl cover to absorb impact and protect shins.
- **Non-Slip Surface:** The PVC vinyl surface offers traction for secure footing.
- **High Weight Capacity:** Supports up to 450 lbs (204 kg).



Image: The Yes4All 3-in-1 Soft Plyo Box, illustrating its three different height options (12, 14, and 16 inches) visible on its sides.



Image: A cutaway diagram showing the three-layered construction: an anti-slip cover, thick foam padding, and a sturdy wooden core.



Image: A man performing a box jump onto the plyo box, and a woman performing a leg raise, illustrating the protective foam padding and sturdy wooden core construction.

4. SETUP

The Yes4All 3-in-1 Soft Plyo Box comes pre-assembled and ready for immediate use. No assembly is required.

1. **Unpack:** Carefully remove the plyo box from its packaging.
2. **Placement:** Place the box on a flat, level, and stable surface. Ensure the area is clear of obstructions.
3. **Select Height:** Rotate the box to position the desired height (12, 14, or 16 inches) facing upwards.

5. OPERATING INSTRUCTIONS (EXERCISES)

The 3-in-1 design allows for varied training intensities. Always ensure proper form and controlled movements.

Common Exercises:

- **Box Jumps:**

Stand facing the box at a comfortable distance. Swing your arms and jump onto the box, landing softly with both feet. Step or jump back down. Start with a lower height and focus on controlled landings.

- **Step-Ups:**

Place one foot on the box. Drive through your heel to step up, bringing your other foot onto the box. Step back down with the lead foot first. Alternate lead legs or complete all reps on one side before switching.

- **Declined Push-Ups:**

Place your feet on the box and hands on the floor, slightly wider than shoulder-width apart. Lower your chest towards the floor, then push back up. This increases the intensity of a standard push-up.

- **Box Dips:**

Sit on the edge of the box with hands gripping the edge next to your hips, fingers pointing forward. Slide your hips off the box, extending your legs forward. Lower your body by bending your elbows until your upper arms are parallel to the floor, then push back up.



Image: Demonstrations of a step-up exercise using a medicine ball and a box jump exercise, showcasing dynamic movements with the plyo box.



Image: Demonstrations of a woman performing step-ups while holding dumbbells and a woman performing a declined push-up with her feet elevated on the plyo box.

6. MAINTENANCE

Proper maintenance ensures the longevity and safety of your plyo box.

- **Cleaning:** Wipe down the vinyl surface with a damp cloth and mild soap after each use. Avoid abrasive cleaners or solvents.
- **Drying:** Ensure the box is completely dry before storing.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly check the vinyl cover for tears or excessive wear. Inspect the overall structure for any signs of damage.

7. TROUBLESHOOTING

If you encounter any issues with your plyo box, consider the following:

- **Instability during use:** Ensure the box is placed on a completely flat and stable surface. Check for any debris underneath.

- **Slipping:** Verify that the floor surface is clean and dry. The PVC cover is designed to be non-slip, but excessive moisture or dust can reduce traction.
- **Damage to cover:** If the vinyl cover is torn or significantly worn, discontinue use to prevent further damage and potential injury. Contact customer support for advice.

8. SPECIFICATIONS

Brand	Yes4All
Model Number	NLHH
Product Dimensions	40.64 x 35.56 x 30.48 cm (16" x 14" x 12")
Item Weight	6 kg (approximately 13.2 lbs)
Material	Ethylene Vinyl Acetate Foam, Vinyl, Poly Vinyl Chloride, Wooden Core
Maximum Weight Capacity	450 Pounds (approximately 204 kg)
UPC	810019292330, 810019295805

9. WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the retailer's return policy or contact Yes4All directly through their official website or the platform where the product was purchased.

Yes4All Official Website: www.yes4all.com