

# Align-Pilates Jump Board for C, F, H Series Reformers

£94.00

## Product Images



## Short Description

As you get more experienced with your reformer, one of the key accessories that people swear by is the Jump Board. This is a simple attachment that allows you to use your reformer for jumps in the horizontal plane. This jump board attaches to the front of the reformer by the foot bar. With a steel frame and the EVA padding that ensures excellent shock absorption, the covering is also a abrasion-resistant vinyl that stops tearing.

## Jump Board Workouts

The beauty of this attachment is that really does give you a new set of exercises. You can vary the intensity using the reformer springs, create a cardio and resistance workout and work on your core all at the same time. This jump board is 52cm high by 58cm wide and provides a very stable platform from which you can introduce plyometric exercises to your reformer!

# Reformer Jump Board (C, F, H1 Models)

An excellent attachment that should be high up your list for improving your C, H or F series Pilates reformers from Align-Pilates. The jump board is attached at the foot of your reformer by the footbar and this creates a 58cm x 52cm high platform from which you can push off when lying horizontal on your reformer.

At a very cost-effective price, this attachment allows you to perform plyometric jumps as well as other push off exercises, that are given resistance using the springs and carriage.

## Key Features

- Steel frame for strength
- Abrasion-resistant vinyl covering
- EVA padding for absorption
- 58cm wide x 52cm high
- Compatible with all C, F and H Align-Pilates reformers

## Additional Information

SKU	PAPJUMPC1
Weight	4.000000
Equipment Usage	Home & Commercial Use
Warranty	Metal Frame & welded Components - 10 years, Wooden Frames, Gear Bar and Foot Bar mechanisms - 5 years, other non wear & tear - 2 years, Ropes, Straps, Spring Clips, Handles, Fuzzies, Wheels, foot straps, Rotational Discs & Non foam rollers - 1 year, Spri
Made From	Steel frame
Additional Features	EVA padding for shock absorption. Covered with abrasion resistant vinyl.
Width Dimensions	580mm
Height Dimensions	520mm