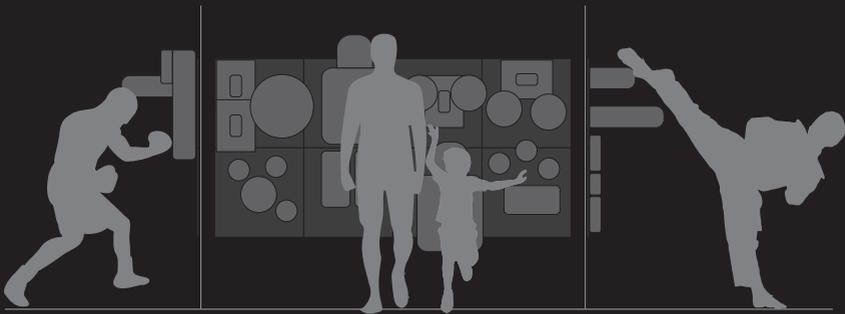


# TOP TEN

SAFETY IS OUR SUCCESS

## **POWER WALL** MULTI-FUNCTION TRAINING CONCEPT



GYM | HOME | MMA | BOXING | KICKBOXING | KARATE | TAEKWONDO

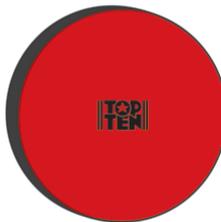
# WHAT IS POWER WALL CONSIST OF?



**Mini Target**  
ø15 cm x 8 cm  
*Speed and accuracy training*



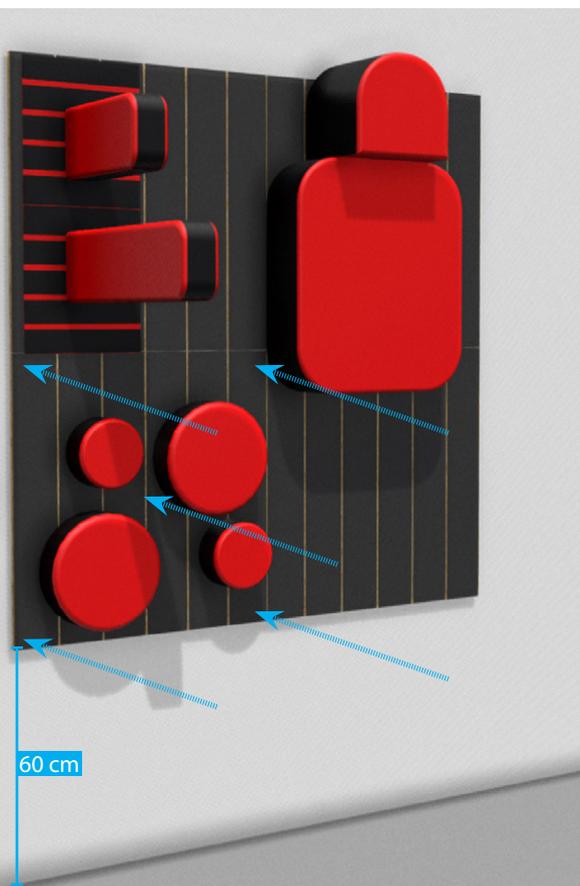
**Small Target**  
ø25 cm x 8 cm  
*Combinations training*



**Super Target**  
ø44 cm x 15 cm  
*Heavy punches and kicks*



**Dummy**  
Tělo: 46 cm x 53 cm x 14 cm  
Hlava: 25 cm x 23 cm x 22 cm  
*Heavy punches, kicks and uppercuts*



## HOW TO INSTALL?

### 1 CHIPBOARD ATTACHMENT

Each plate is attached with five screws. Choose a suitable screws depending on the wall. We recommend placing the bottom edge 60 cm above the floor. The two boards than reach a height of 180 cm.

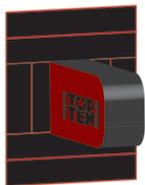
### 2 TARGET PLACEMENT

Using Velcro, the attachment is piece of cake.

### 3 REMOVING TARGETS

To ensure the Power wall lasts as long as possible, always fix the velcro on the chipboard with hand when removing it.

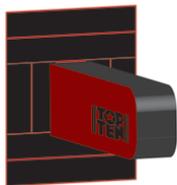




#### Arm Target M

8 cm x 15 cm x 32 cm

Hooks, highkicks and roundkicks training



#### Arm Target L

8 cm x 15 cm x 52 cm

Hooks, highkicks, roundkicks and ducking training



#### Shield M

32 cm x 63 cm x 15 cm

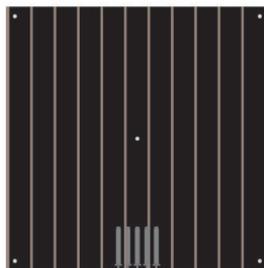
Heavy punches and kicks



#### Shield S

20 cm x 39 cm x 14 cm

Heavy punches and kicks



#### Chipboard Velcro Platform

62 cm x 62 cm

5 x screw + dowel



## TRAINING TIPS

### **Circuit Training**

Focus each section on a different technique. Have students change positions after 30 seconds.

### **Accuracy and speed**

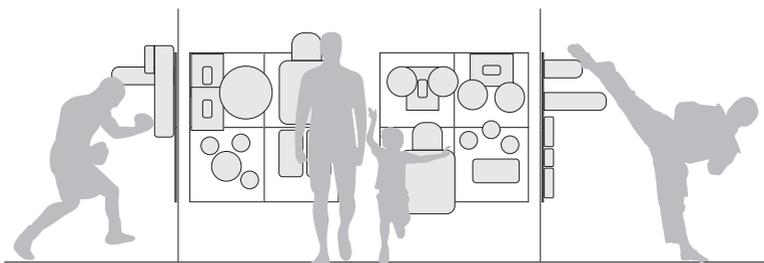
Distribute *Mini Targets* and *Small Targets* randomly around the base close to each other. Determine the order of strikes. The student must repeat the combination as soon as possible.

### **Up down**

At the very top place *Arm Target M*, below it *Arm Target L* and below them *Shield M*. The student alternates punches to the bottom and a double high-kick.

# **POWER WALL**

## **MULTI-FUNCTION TRAINING CONCEPT**



**Set up your gym for specific training**  
**Change the set up for different training**  
**Repeat and make up new set**



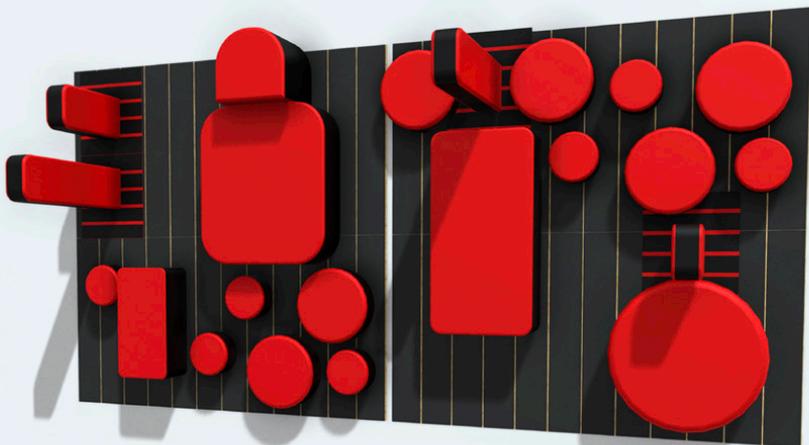
**Power wall is**  
**suitable for *gyms***  
**and *home***



**Thanks to its**  
**versatility suits *all***  
***sports***



**Height-adjustable**  
**elements for both**  
***adults and juniors***



**View a *3D* model**  
**of a training**  
**wall**