



## Tunturi Slamman punching bag reaction trainer



The Tunturi Slam Man is a reaction trainer that is perfect for boxing and martial arts. However, it can also be used in popular sports. The training is not only fun, but is also an excellent full-body workout and burns a lot of calories. Anyone can do a workout on the Slamman and training with it is also suitable for relieving stress after a strenuous day.

**CHF 689.00**

Train like a pro with the Bruce Lee reaction trainer A boxing partner that can take a punch

Train with the Bruce Lee boxing dummy and complete a boxing workout and martial arts training that packs a punch. The reaction trainer is an absolute must-have for every martial artist. It is **height-adjustable** and can be set to **any level of ability**.

Would you like to make your boxing training more interactive?

No problem if you train with the Bruce Lee Slam Man. This free-standing punch dummy is equipped with tactically positioned lights that light up in **3 different program routines**. So you can refine and improve your boxing technique and give yourself an advanced workout. **Reaction speed and coordination, speed, agility, precision and eye-hand coordination** - with the Bruce Lee Slam Man you can improve all your skills. The great martial art consists of hitting all the lights, which light up to indicate the training sequence, as quickly as possible with punches and kicks. By simulating a real boxing workout, the boxing dummy efficiently guides you through both aerobic and anaerobic training. **With 15 different programs and 3 levels of difficulty**, all muscle groups can be optimally trained.

How does the boxing dummy work?

Once you have set the desired program, you can start training. Meet the slam man where the light comes on. You have to hit the boxing dummy in different places. This trains your reaction and speed.

Many training programs

Choose your training program and test yourself.



- 4 x training programs
- 3 x training levels
- 1 x stroke counter

Height adjustable

You can adjust the Bruce Lee reaction trainer to 3 different heights (162cm, 172cm, 182cm). Optimize the boxing trainer to your height or simulate a height difference to your opponent.

Train at different levels and become faster.

Select punch function

You can use the boxing dummy to train different punches on different parts of the body.

- Eyes
- Mouth
- Center (abdomen)
- Upper ribs
- Lower ribs

What are the advantages of the Bruce Lee "boxing dummy" reaction trainer?

? Simultaneous training of several skills

? Multiple training programs

? Height adjustable

? The foam body protects against injuries

? Base can be filled with water or sand up to (120 kg)