

## Boxing Bar Stamping Speed Training Light Weight Rotating Bar Wall-Mounted

RRP: \$304.95

The Randy & Travis Machinery Boxing Bar Stamp Speed Training Lightweight Rotating Bar gives boxers, MMA enthusiasts and martial artists a great way of training to improve their speed, accuracy and response times in the ring or on the mat. When punched or kicked, the bar rotates rapidly, providing a chance for fighters to duck or dodge to avoid it. Suitable for practising repeat punches and kicks, it can also be used to practice combos, ducking, speed work and defensive routines.

As well as being an effective training aid for serious fighters, it's also a good option for boxercise enthusiasts or a boxing or martial arts-inspired workout. This bar provides the opportunity for an all-over workout that improves strength, flexibility, cardio fitness and technique.

The bar comes with secure wall mounts and is height-adjustable for added versatility. The bar is padded for comfort, although we recommend using standard protective hand and face gear during use.

### Features:

- Improves speed, hand/eye coordination, accuracy and reflex responses
- Suitable for home use
- Fixings included
- The bar is height adjustable

### Specifications:

- Package measures 72 x 24 x 15cm
- The total weight is 6.51kg
- Faux leather bar cover

