



Unit Specifications



Specifications:

Dimensions:

US 53" W X 121" L X 68" H

Metric 135 cm W X 307 cm L X 172 cm H

Total Weight:

US 370 lbs.

Metric 168 kg



Features:

Health Clubs can now offer a fresh new alternative of fun while getting an awesome full body workout! "3 Kick" is a heavy duty commercial grade machine that will be loved by youth, kick boxers, instructors, trainers and those that just want to have fun competing with friends while getting a great workout! 3 Kick is designed with proprietary and resilient foam pads that can be punched, kicked, slapped, or tapped with shoes or bare feet, a fist, or an open palm. A light comes on in the pad and an audible tone sounds, when the pad is hit the light goes off and randomly another comes on. The score is based on speed and more points are allocated the faster you move, making it easy to track your daily progress. 3 Kick is simple to use, fun, and built strong for years of use.

HOW IT WORKS

- Each round is a timed event **(the owner of the ring controls allotted time)**.
- 1 to 3 players get in the ring, any pad is kicked and the game begins.
- A light inside a foam pad will illuminate and an audible signal will sound.
- That light will stay on for 5 seconds or until the corresponding pad is either hit or kicked.
- Randomly another light will come on and will stay on until the pad is punched or kicked.
- As the targets are hit, points accumulate and are displayed as the game is played. As response time increases, more points are added to your score lending even more excitement to the round!

Compete against yourself, others, or as a team! The sport or game moves as quickly as the player. Thus accommodating players from children to adults and beginners to the advanced. All units come with a proprietary computerized score keeper and timer that is controlled by the owner. It is also designed to accommodate all common world voltages.