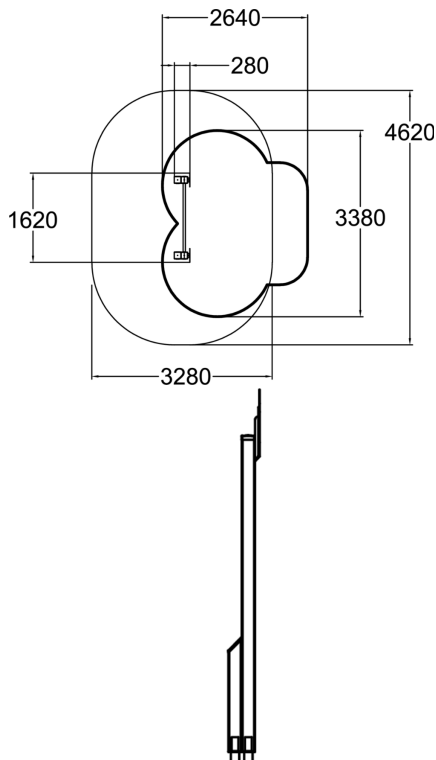


Training Wall



The Training Wall is a versatile training tool. The wall's target plates or large panel surfaces can be used for various ball-throwing exercises. You can throw the ball straight forward towards the wall, from the side of the body, or even between the legs. When throwing upwards to the target plates, the user actively engages the body's muscles by squatting during the catch phase and then extending upwards to throw the ball at the target plate. Experienced practitioners can perform handstands or handstand push-ups against the wall. Ball throwing accelerates the activity of the respiratory and circulatory systems and strengthens the muscular endurance of the entire body.



Product length, mm	280
Product width, mm	1620
Product height, mm	3350
Height required, mm	3650
Safety info	EN 16630 TÜV
Installation time (for 1), H	4
Foundation options	deep_mounting surface_mounting
Wood	
Metal	
Colour of walls and HPL	