



Skill

Level 3: The REPTILE in us – being aggressive means being powerful. This is the way we develop our power and our reflexes.

Here we learn how to use our power positively. This trains the balance between waiting and reacting, between watching and pouncing. Everything to do with tension and relaxation is brought into balance here. This is about instant power and the coordination of the right and left sides of the brain and the body.

How to perform the exercise

Start by boxing the upper left cushion with your right fist. Kick the bottom cushion with your left foot at the same time. Now hit the top right cushion with the left fist and the bottom cushion with the right foot at the same time. Keep performing the same powerful and lightning-fast movements in alternation. Alternative: First box the cushion using a cross jab and alternating your arms. Then kick the bottom cushion using first one leg then the other. Take care to keep the right order: right arm top left – left arm top right – right leg middle – left leg middle.



EVOPED® Indoor Kickboard
EVOPED® Outdoor Kickboard

Components

Order No. 12.00300

1 EVOPED® Corner Frame with 3 Cushions for EVOPED® Indoor Kickboard

Order No. 12.00301

1 EVOPED® Corner Frame without Cushions for EVOPED® Indoor Kickboard (for hooking on the Kickboard Panel **Order No. 12.00302**)

Order No. 12.00302

1 EVOPED® Kickboard Panel for EVOPED® Indoor Kickboard (to be hooked onto the corner frame without cushions **Order No. 12.00301** or onto wall bars)

Order No. 12.00310

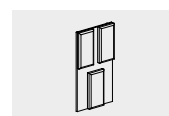
1 EVOPED® Outdoor Kickboard for fixation with bolts



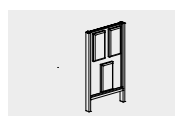
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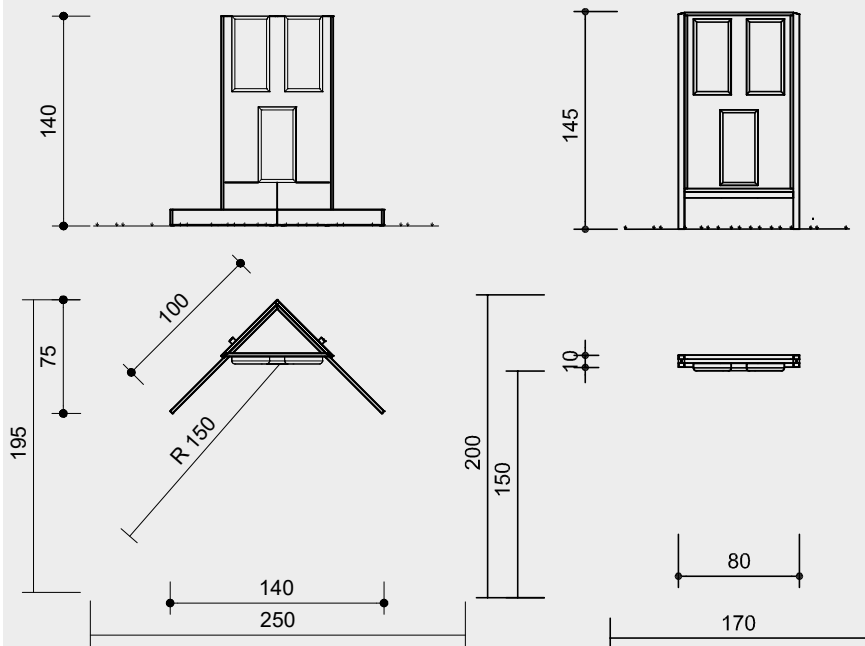
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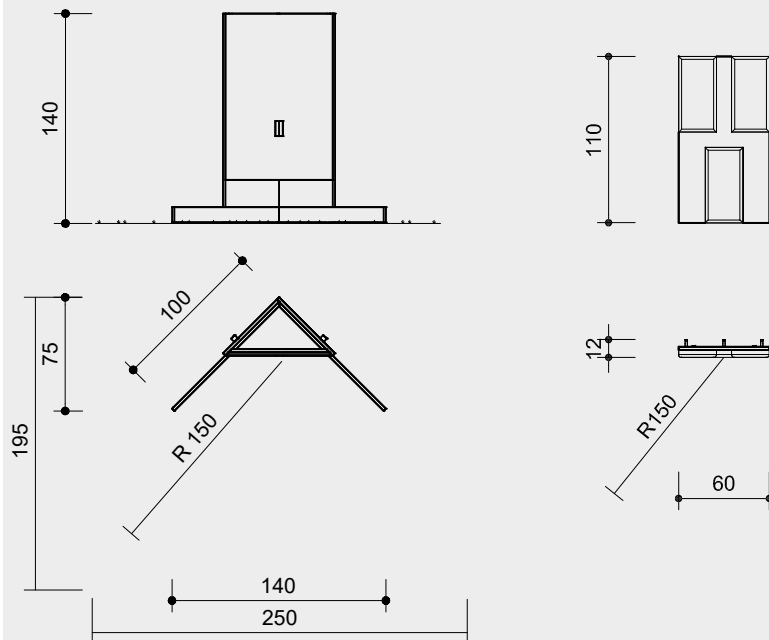
Order No. 12.00300
EVOPEd® Corner Frame
with 3 Cushions for
EVOPEd® Indoor Kickboard

Order No. 12.00310
EVOPEd® Outdoor Kickboard



Order No. 12.00301
EVOPEd® Corner Frame
without Cushions for
EVOPEd® Indoor Kickboard

Order No. 12.00302
EVOPEd® Kickboard Panel for
EVOPEd® Indoor Kickboard



Scale 1:50

Technical information

Order No. 12.00300 / 12.00301 / 12.00302
 Equipment made of birch plywood
 21 mm, waterproof glue laminated

Cushions made of high-quality fibreglass
 canvas (stretched on base cushioning)

Order No. 12.00310
 Frame made of stainless steel
 panel made of birch plywood
 21 mm, waterproof glue laminated

Cushions made of high-quality fibreglass
 canvas (stretched on base cushioning)

Dimensions
 (small deviations possible)

Order No. 12.00300
 Height 1.40 m
 Side length 1.00 m
 Width 1.40 m
 Weight 40 kg

Order No. 12.00301
 Height 1.40 m
 Side length 1.00 m
 Width 1.40 m
 Weight 35 kg

Order No. 12.00302
 Height 1.10 m
 Width 0.60 m
 Weight 20 kg

Order No. 12.00310
 Height 1.45 m
 Width 0.80 m
 Weight 95 kg

Cushion 25 cm x 50 cm

Safety
 This equipment is not playground
 equipment within the scope of DIN EN
 1176 and therefore is also not subject
 to the requirements of this standard.
 However, it is complied with where
 appropriate.

Installation information

Order No. 12.00300 / 12.00301 / 12.00302
 Recommended space including
 operational space 195 x 250 cm
 No foundations required
 Surfacing firm and level

Order No. 12.00310
 Recommended space including
 operational space 170 x 200 cm
 Foundations 2 items 40 x 40 x 40 cm
 Excavation depth 60 cm

Attention:
 Exact measurements may vary; for
 all installation dimensions refer to
 current assembly instructions.
 Technical changes reserved.

Note:
 The **EVOPEd® Indoor Kickboard** play
 equipment is only suitable for use in
 indoor areas.
 The **EVOPEd® Outdoor Kickboard** play
 equipment is only suitable for use in
 outdoor areas.



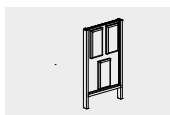
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12.00302



12.00310