

Published based on [The Slam Man Interactive Punch Bag](#)

The Slam Man Interactive Punch Bag

The interactive punching bag, Slam Man is considered to be a fine object in the world of fitness training in the present. Many think it as a prominent aspect which is able to upgrade fitness levels of users. The Slam Man actually is a punching bag designed as a human model and it consists with many targets for practice.

The Slam Man is frequently used by boxers at practice and has a great reputation of being able to maintain fitness levels of individuals. Through a series of combined moves, users are able to go through some great fitness training drills by using its located targets. This has certainly maximized the skills of boxers and also stands as an aspect which releases stress and improves self defense. It consists with fifteen built in exercise programs and five levels of resistance. Therefore, users get the opportunity to start from the beginning and proceed with more advanced moves.

It weighs at 240lbs when sand is filled into it and because it is designed using high density blow moulded polyethylene plastic, users are more likely to receive great advantages. Due to this feature, it can stand heavier punches from most skilled boxers. It doesn't matter whether your a novice or a pro, the Slam Man can be used by everyone to practice their punching and kicking.

This becomes fit for play once filled with sand. You may respond to a series of flashing lights which prompts you for a good and strong blow. You can change this flashing of lights and arrange the fitness programs as you like. Also, this provides you with a great advantage when you are able to practice your kicks that vary from kick boxing and Muay Thai drills.

Therefore, it has become a piece that has earned much consumer attention in the market. With an adjustable height and two colors of silver and teal, the Slam Man has certainly become a popular consumer choice by the present in a world where one may find groups striving for fitness.

Read a full [Slam Man review](#) or compare [Slam Man teal](#) prices.

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