

# EVNIK

HIGH-SPEED SIMULATOR



AN EXCLUSIVE SIMULATOR TO INCREASE THE SPEED OF MOVEMENTS PROVIDED BY THE SAADVAKASS FAMILY

## USER'S MANUALS



15 minutes a day and you are a boxer!

Find your speed - EVNIK will help you with this!  
Find out how much potential energy do you have!

WWW.SAADVAKASS.COM



# CONGRATULATIONS!

You are holding a revolutionary invention – the world's first High-Speed Simulator Evnik!

The manual provides information on the revolutionary sports technology. Doing the exercises regularly, you will master some unique motor skills, different by their speed and power characteristics. Your agility and coordination of the entire body will improve multiple times!

This manual will be especially interesting for professional athletes and their coaches.



The method is used by Kazakhstan national boxing team; schools and sections of boxing, hand-to-hand combat, karate in Russia and Kazakhstan.

STUDY EACH SECTION OF THIS MANUAL, IT IS CRUCIAL!

We realize that lots of scientific terms and subjects may be unknown to you but it is not a big deal. Take it easy! All you have to do is to exercise with High-Speed Simulator Evnik while the benefits and sports technologies will work to build your body whether you know about their existence or not. Video materials you can find at [www.saadvakass.com](http://www.saadvakass.com) will help you with it. This manual contains only brief information for general familiarization with the simulator and the training system offered by the Saadvakass family.

BE SURE TO READ PAGE 20 «PRECAUTIONARY MEASURES». IT IS VERY IMPORTANT!



## High-Speed Simulator EVNIK PRO


- Model: professional
- Age: 14 years old and older
- Size: 14.5 cm x 19 cm
- Color: Blue

High-Speed Simulator Evnik PRO – a professional grade model. Irrespective of your athletic performance (even if you are an Olympic champion), this model of H.S. Evnik provides heavy load and has a long service life. H.S. Evnik PRO cultivates special skills and cannot be replaced with another High-Speed Simulator model of the lineup!

H.S. Evnik PRO is first of all aimed at reorganizing performance of the entire neuromuscular system (NMS), rearranging operation of muscle groups and forming new muscle chains that allow utilizing your body's potential energy to perform faster and more powerful movements.

H.S. Evnik PRO forms and improves the boxing punching technique and teaches how to administer accentuated blows!





## High-Speed Simulator EVNIK-Black Dragon

- Model: professional
- Age: 18 years old and older
- Size: 14.5 cm x 19 cm
- Color: Black

High-Speed Simulator Evnik-Black Dragon is harder and stronger.

It is intended for special work with apparatuses and increasing load after training with H.S. Evnik-PRO model for a long time.

H.S. Evnik-Black Dragon has higher speed and makes you perform faster and more accentuated movements.

H.S. Evnik-Black Dragon provides a new view of habitual movements and requires much more efforts to do the exercise properly. H.S. Evnik-Black Dragon involves more muscle groups into the work forming more complicated muscle interconnections.

But do not hurry to use H.S. Evnik-Black Dragon in your first trainings as you have to comprehend the principle of movements first. For this purpose, use H.S. Evnik-PRO for some time.

*Hello! Let's get acquainted! We are a large family.*

*God helped us create the High-Speed Simulator Evnik that you hold in your hand!  
Our dream is to spread H.S.Evnik and the training method around the world and help  
millions of people achieve their sports and health goals!*

*Please support our small family business by leaving your review on the Amazon website or  
on the website where H.S.Evnik was ordered. Please share your training experience with  
H.S.Evnik with us.  
For us it is very important!*

*Saadvakass Family*





## HIGH-SPEED SIMULATOR EVNIK FOR PROFESSIONALS!

Exercises described in the manual teach sportsmen how to perform accentuated blows and develop their trenchancy and swiftness. The exercises cultivate the most important feature for a fighter: the sense of accent, understanding of the moment: where you have to relax or accelerate and where extra tension, a dash is required to deliver a knockout blow!

This manual offers a new way to control the quality of the punching technique! Now, fighters' efforts to control the punching technique (the moments of relaxation, acceleration and the blow accent) are reduced to controlling only one thing: the sound or deflection! While cutting through air flows during a blow, H.S. Evnik makes a sound proportional to the speed and power of the movement. Thus, you can see how much the blow speed has changed right now or recently!

The exercises offered here feature a unique method for shadow-fighting (p. 8) with guaranteed quality of the best boxing technique, exceptional precision and speed, unlike working in air with your bare fists. The instructions also describe an unconventional way to work with apparatuses (p.12) whose aim is not only to develop strong and trenchant punches but also to protect your bones, tendons and muscular system from injuries! Apart from the above, all the exercises are aimed at significant improvement of the blow range and establishing the "long arm" technique!

### H.S. EVNIK – WHAT TO START WITH:

Remember the simulator's two main positions relative to your forearm: «Dolphin» (Fig. 2) and «Arrow» (Fig. 3).



Fig. 2 Simulator position «Dolphin»



Fig. 3 Simulator position «Arrow»



### Simulator position in the stance.

Before starting the impact movement, direct the knuckles of your fist forward (Fig. 4A).

Consider the incorrect variant "Z"



Fig. 4 Simulator position in the stance

### Simulator position in the final phase of the blow.

In order to make the simulator bend, you have to twist your hand in the final phase of the blow as shown in Fig. 5A.

Consider the incorrect variant "Z".

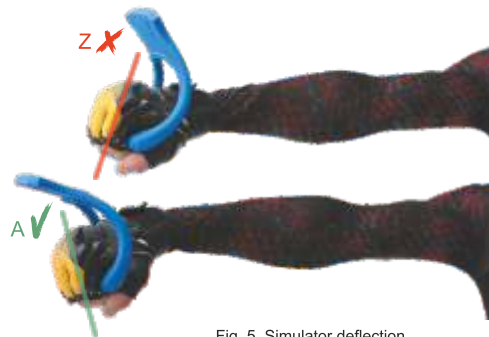


Fig. 5. Simulator deflection



Fig. 6 Flap when hitting the punching bag with the simulator.  
Simulator position «Arrow».

### Flap on the punching bag.

Deliver blows on the punching bag with the simulator vane so that a sound of flap can be heard.

*The technique for blows on the punching bag is described on p. 12-14.*



Fig. 7 Flap when hitting the punching bag with the simulator.  
Simulator position «Dolphin».

# SHADOW FIGHTING! TECHNIQUE FOR PERFORMING AN ACCENTUATED BLOW (WITH THE REAR HAND)

We have elaborated a unique approach for practicing the blowing technique, which is probably the most complicated one in boxing.

For beginners, the «basic technique» for delivering blows with the rear hand is a challenge. Before you start training, you have to understand the difference between our approach and the classical one.

In the classical approach, you receive ordinary instructions from the coach and when following them, you find it hard to understand the synchronicity of movements of your hips and rear leg, turning of your shoulders, body bending and arm straightening. Specialists still do not have a consensus as to the interval for engaging the above listed body parts and how to train their apprentices efficiently. Training lasts for years!

If you compare the conventional method for training punches with the real technique demonstrated by professionals in the ring, you can find lots of critical differences leading to even greater confusion among apprentices. As a result, the classical approach makes training last longer and after a few years you find out that you cannot deliver blows the way professionals do in the ring.

We have developed our own approach for training the technique. We avoid adjusting movements to make them fit the template. Our approach does not involve any «basic technique», we use the notion of «the boxer's basic sense» that we try to develop first of all.

The first thing you have to learn is to deliver trenchant and accentuated blows. You need to overcome the problem of misunderstanding of the nature of movements. For this reason, our recommendations will be different from the classical approach to training but they will let you master the technique of fast, trenchant and accentuated blows!

## Position «Arrow»

1. Take the stance (Fig. 9A).
2. Take the simulator in your rear hand.  
Grip the simulator handle hard in order to prevent the handle from rotating in your hand.
3. Start turning your hips and rear foot slowly (Fig. 9 (2,3)).  
The next second, straighten your arm rapidly like a boxer delivering a straight blow.



Fig. 8. Accentuated blow technique  
Rear hand straight blow in the «Arrow» position.

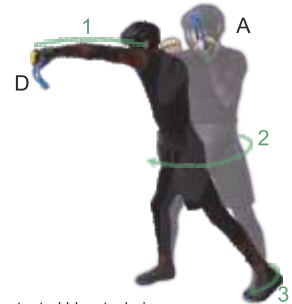


Fig. 9. Accentuated blow technique  
Rear hand straight blow in the «Arrow» position.  
Stance and blow.

It is an incredibly helpful preparatory exercise, which cultivates important technical elements: completed turn of the hand in the final phase of the movement; it trains the shoulder joint to take the proper «elongated» position to form an arc (Fig 9 (1))! It is essential in developing a long and powerful blow.

In professional boxing, this skill is trained for years while our approach allows a trainee to start mastering this crucial technical component from the very first days, while the process is quite imperceptible.

4. Do the exercise for 30 times at a leisurely pace. Try to accelerate the simulator to make it deflect at the time of the primary effort (Fig. 8B) and in the final phase of the movement (Fig. 8D). Generally, the movement will be as follows: If you are right-handed – rotation of your body along the axis, your right hip joint; right foot; right shoulder; bending your body forward; your hand moves along the shortest path; a turndown of your hand at the end of the blow with the simultaneous «hop» of your shoulder. All the items are shown in Fig. 9.

You are to feel that your shoulder muscles are slightly stretched (the simulator draws your hand forward). Thus, after some time, your muscles will become several times more elastic and efficient and your punch will be generally longer.

**But you do not have to think about all the technical elements listed above! You only have to focus your attention on the way H.S. Evnik works or, more specifically, on its deflection degree and how smoothly your arm straightens with a vivid accent at the end of the movement. The deflection force and the specific sound of the simulator vane against air demonstrate the acceleration power and indicates that there is an accent in the movement!** Even if you make an explosive effort at the beginning but are unable to make an accent at the end of the blow, the sound will not appear. This shows that you have not learned to use your body energy efficiently and lose most of it while your hand is moving toward the target.

5. Perform at least 100 blows a day in the «Arrow» position (100 = 5 sets 20 blows each).

6. In order to speed up the training process, add practicing the straight blow in the simulator position «Dolphin» on the third day of training. See the instructions below.

### Position «Dolphin».

7. After performing the first 20 blows in the «Arrow» position, while remaining in the same stance (Fig. 9A), change grip of H.S. Evnik to hold it in the «Dolphin» position. Deliver blows the same way as you did when H.S. Evnik was in the «Arrow» position. At the end of the blow, do not forget to twist your fist (Fig. 10D).

You need to perform 20 blows

Take your time, perform the first blows at a moderate pace.

8. After delivering 20 blows, change grip of H.S. Evnik to hold it in the «Arrow» position and perform 20 more blows. Change the position of H.S. Evnik this way and perform 100 blows in the «Dolphin» position (20x5=100 blows) and 100 blows in the «Arrow» position (20x5=100 blows). In total, you will perform 200 blows for each hand!



Fig. 10 Acceleruated blow technique  
Rear hand straight blow in the «Dolphin» position

## SHADOW FIGHTING! TECHNIQUE FOR PERFORMING ACCENTUATED BLOWS (WITH THE LEAD HAND)

The purpose of this exercise is to make your jab (lead hand straight blow) fast, precise and, most importantly, long and powerful – it is what most boxers lack. When doing the exercises described below, our sportsmen acquired all the listed physical qualities in just a few days!

Strictly adhere to the instructions and you will make great progress!

Simulator position «Arrow» (Fig. 3). Take the stance that is comfortable for you. If you are left-handed, your right leg and arm will be ahead and if you are right-handed, your left leg and arm will be ahead accordingly.

1. Take the simulator in your lead hand (simulator position «Arrow»). Grip the simulator handle hard to prevent it from rotating in your hand. When rotating in your hand, H.S. Evnik loses its useful elastic energy, which is unacceptable!
2. Take the original position (Fig. 11A). Straighten your arm fast like a boxer delivering a blow.

Remember that the power of jab is not only in your arm; your legs have a tight contact with the support and enhance the impulse. Besides, the impulse received from a small thrust of your rear foot should not be lost/ dissipate in your body. You have to feel the energy from your feet being transferred entirely to your fist. How can you understand that your legs, body and shoulder girdle are working synchronously? Watch H.S. Evnik working – it is the only way to find out how much energy you have transferred to your fist. Remember how the simulator deflects at the beginning of the movement (Fig. 11B) and in the final phase of the blow (Fig. 11D) when you deliver the blow for the first time and during the following blows. If H.S. Evnik's deflection and the sound increase in the next set, you may be sure that your body has started optimizing its movement.

How it works: when you watch H.S. Evnik working, your brain starts receiving information. This way you develop a sense of synchronicity of your body activity with the simulator. Your brain and neuromuscular system will receive feedback and will start working together to form optimal neural connections in your brain cortex so that your neural processes will accelerate significantly.

3. Next time perform the movement faster. See that the simulator deflects as much as possible and your body is in the position shown in the figure. Deliver 20 blows like that one by one, without stopping.
4. During each blow you will feel the simulator straightening your arm, stretching your shoulder forward so that the blow becomes longer than before. Try to take up the motion and reach forward a little.

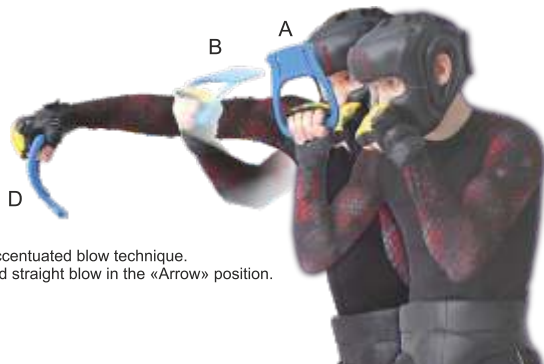


Fig. 11 Accelerated blow technique.  
Lead hand straight blow in the «Arrow» position.

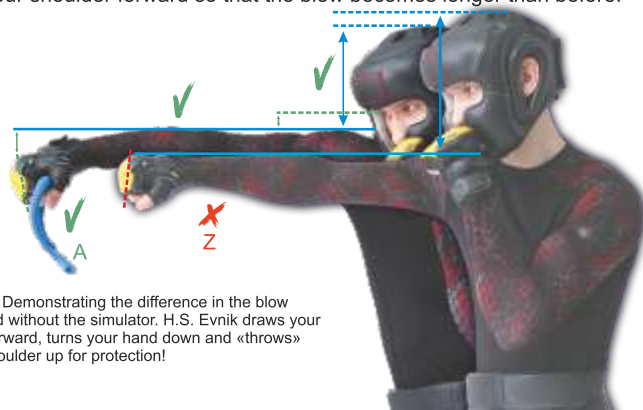


Fig. 12. Demonstrating the difference in the blow with and without the simulator. H.S. Evnik draws your hand forward, turns your hand down and «throws» your shoulder up for protection!



## SHADOW FIGHTING! TECHNIQUE FOR PERFORMING ACCENTUATED BLOWS. WITH A SUBSTEP.

As soon as the two-hand hitting technique becomes clear, start introducing leg movements with approaching (moving your lead foot forward) for each blow. Before you start performing a blow, move your lead leg a short distance forward as shown in the figures and then start performing the hitting movement according to the procedure described above. Try to attain integrity of your leg and body moving ahead with an accentuated blow at the end.



Fig. 13 Simulator position «Arrow». Rear hand straight blow. With a substep.



Fig. 14 Simulator position «Arrow». Lead hand straight blow. With a substep.



Fig. 15 Simulator position «Dolphin». Rear hand straight blow. With a substep.



Fig. 16 Simulator position «Dolphin». Lead hand straight blow. With a substep.

## TECHNIQUE FOR ACCENTUATED BLOW ON A PUNCHING BAG

Sports professionals noticed the positive effect of the punching movement on the blow power long ago.

Boxers often hit rubber tires with sledgehammers or use baseball bats to strike punching bags in order to improve their intermuscular coordination and explosive abilities. The problem with the classical approach lies in the need to adapt the blowing skill acquired when using sledge hammers or baseball bats for the boxing technique. Boxing movements do not coincide with those we can perform when using a sledge hammer or a bat. For this reason, exercises with a sledge hammer or a bat are preparatory in their nature. H.S. Evnik, or impact simulator Evnik, has been designed to eliminate the problem completely. We believe that a boxer's hand should not resemble a heavy log, it should rather work like a whip providing not only speed, sharpness and accent but also explosive power!

Due to this, H.S. Evnik features the best possible characteristics to develop the said qualities. H.S. Evnik's elastic properties allow utilizing elastic energy to have a bigger blow power while the punching bag improves sportsmen's focus making their muscles provide an accent.

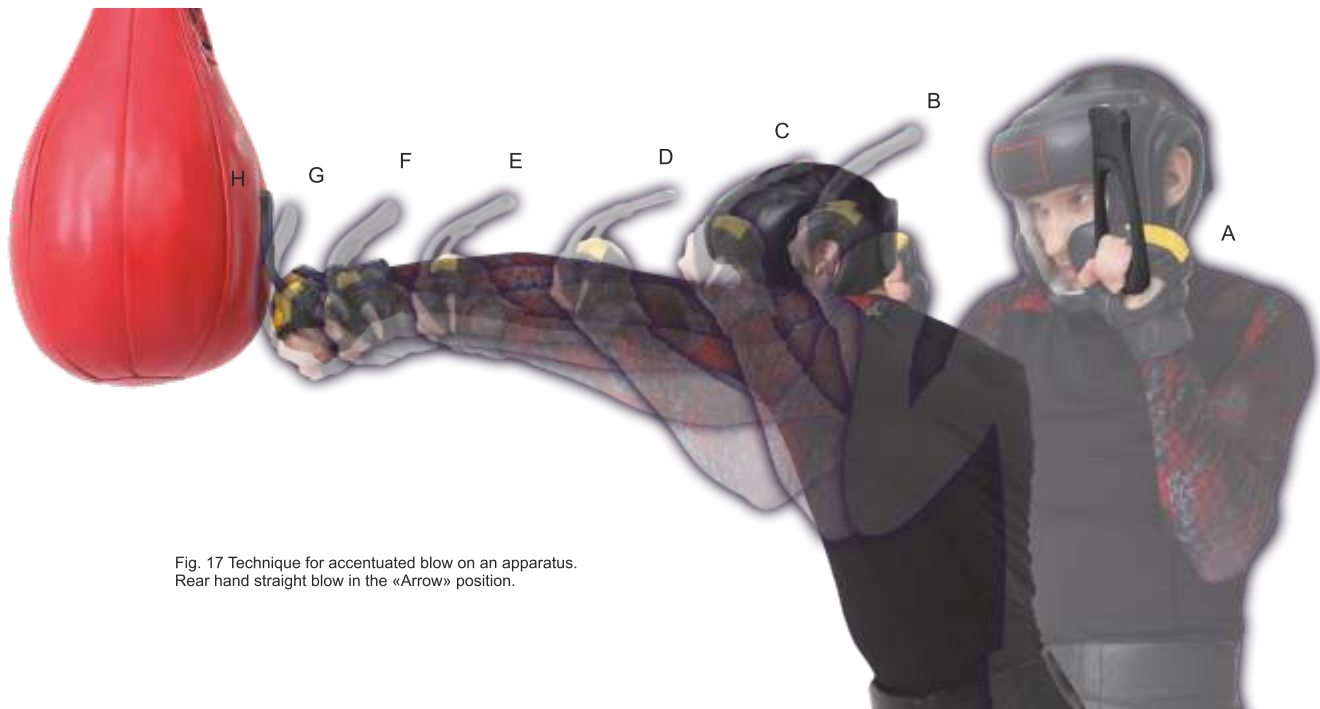


Fig. 17 Technique for accentuated blow on an apparatus.  
Rear hand straight blow in the «Arrow» position.

1. Take the stance and grip H.S. Evnik handle hard to prevent it from rotating in your hand. Prepare to strike with your rear or lead hand using the blow technique described above, just like when you delivered blows in the air in the simulator position «Dolphin» and «Arrow» (p. 8 and 10). But this time deliver blows on a punching bag.
2. Hit the punching bag with the simulator vane for a few times (as shown in Fig. 19) so strong that a specific flapping sound can be heard.
3. Blows can be administered at any angle, including straight blows and hooks – it is a universal method to develop the specific pathway for your signature blows. See figures 18 – 25.
4. Consider Fig. 17B. This episode shows how powerful the primary impulse should be to make H.S. Evnik deflect so much.
5. Consider Fig. 25D when you need to «drag» the simulator vane «through» the punching bag. This is how we work at the ability to punch a target through. For this purpose, create sufficient acceleration and power to make rigid H.S. Evnik-Black Dragon deflect from your blow!
6. Mind the distance to the apparatus. Do not forget that we are learning to deliver long blows! Step back from the apparatus a little more than you are used to and try to reach out when delivering blows.
7. Start doing the exercise with big swing amplitude (Fig. 25B) and after some time try to deliver blows almost from rest (without a swing).

You see your target – the punching bag – and feel the resilient and rigid H.S. Evnik-Black Dragon in your hand. You have to strike as hard as you can (without being afraid of injuring your joints, muscles or ligaments because the simulator protects them from any injuries). This provides the proper disposition for work and you strike as hard as you can acquiring a number of useful skills!

**ATTENTION: during the first months,  
practice with EVNIK PRO. Only after that  
you can start using EVNIK-Black Dragon**



Fig. 18 Simulator position «Arrow». Rear hand straight blow.



Fig. 19 Simulator position «Arrow». Lead hand straight blow.



Fig. 20 Simulator position «Dolphin». Rear hand straight blow.  
Without contact between your fist and the punching bag.  
Working at accentuated blows.



Fig. 21 Simulator position «Dolphin». Lead hand straight blow.  
Without contact between your fist and the punching bag.  
Working at accentuated blows.





Fig. 22 Simulator position «Dolphin».  
Rear hand straight blow – FULL CONTACT.



Fig. 23 Simulator position «Dolphin».  
Lead hand straight blow – FULL CONTACT.



Fig. 24 Rear hand hook – FULL CONTACT.  
Focusing on striking deep – a hard penetrating blow to the deep.  
Practicing blows on the body, ribs, solar plexus and liver area.

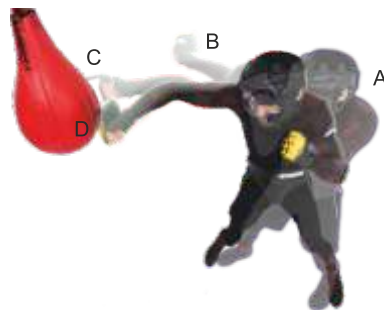


Fig. 25 Simulator position «Arrow». Lead hand hook.  
Taking your hand «through» the punching bag.

## HOW TO USE HIGH-SPEED SIMULATOR EVNIK (CORRECT SWING)

This training mode is aimed at optimizing the work of antagonist muscles, organizing their work in pairs and improving your neuromuscular system explosive and speed qualities.

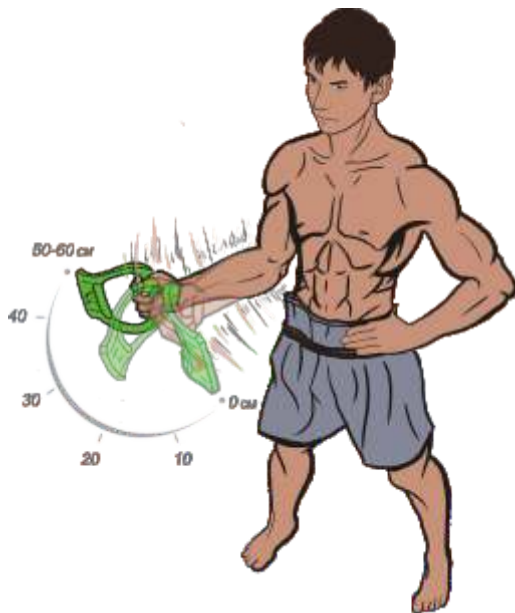


Fig. 26

1. Hold the handlebar of the H.S. Evnik in your hand. Place your feet at shoulder width apart.
2. Bend your arm in the elbow, as shown in the figure.
3. Begin swinging the simulator from side to side.  
**WARNING:** Your hand must not move, the motion takes place in your elbow and shoulder joints.
4. Note that the weighty part (hereinafter WP) of Evnik should move within the range of 50-60 cm.  
**IMPORTANT:** Start slowly and gradually accelerate your Evnik WP.  
**IMPORTANT:** Accelerate the Evnik WP, not the hand! As Evnik starts to swing, you will feel a very distinctive type of muscular load.
5. If the movement is performed correctly, you will feel an unusual sensation in the muscles, as well as the urge to contract your muscles with a little more intensity than usually. Try to remember the sensation of this type of muscular load as you experience it for the first time.
6. Now you need to increase the speed of the Evnik WP. Once again, do it gradually, without any jerking movements or extreme accelerations.  
H.S. Evnik will start deflecting even more and accumulating more elastic energy in its own body accumulating more and more potential energy in your muscles and tendons with each swing.
7. Gradually achieve your highest frequency of motion to benefit most from your workout with H.S. Evnik.
8. Go over each and every point above once more time to make sure the swing technique is correct.

Strive to perfect your technique; make the most of your training!

You can always refer to our official website at [WWW.SAADVAKASS.COM](http://WWW.SAADVAKASS.COM) to watch some video instructions

## ELBOW AND SHOULDER JOINT SWINGS



Fig. 27

The swings should **NOT** be performed by the hand. Use your elbow or shoulder joint only.



Fig. 28

Elbow joint swing.  
Your hand and shoulder joint must not move.



Fig. 29

Shoulder joint swing.  
Your hand and elbow joint must not move.

### Four important tips

**ATTENTION!** As a rule, during the first days of working with the simulator, users perform movements with their hand only. It is wrong! The main objective is to load your shoulder girdle, therefore you have to fix your hand securely and avoid using it (allow for only a slight natural deflection under load).

#### Learn to make swings!

The simulator must span smoothly. You should fully trust the simulator! The simulator sets the rhythm, and you should feel it. It is the simulator, which should accelerate your movements. You should not switch to high speeds at once in any case, until you grasp the rhythm of the movement.

#### Feel the acceleration!

Remember that all the magic of Evnik is that it helps you produce acceleration. If you do not feel it, re-read this guide section and start again. You should feel the acceleration force you have never felt before. Only in this case you can be sure that you have learned the new technology of impact on the muscles.

#### Set your own speed record

Do your best to relax the muscles as much as possible. The movement should be easy and quick. Strive to accelerate the weighty part of Evnik so much quickly so that you can hear the «Sound of Power». The «Sound of Power» appears during the motion of the simulator. When the weighty part of the simulator collides with the opposing airflows at high speed, the sound of power appears. The stronger the movement of the simulator, the stronger the sound of power. In the future, follow the sound. This way you will realize that your speed abilities have improved since the first training.

# THE FIRST SPEEDING UP TECHNOLOGY IN SPORTS!

**BENEFITS:** Provides special shock and stimulation for your neuromuscular system; speeds up the muscles involved; increases the power of your striking movements significantly; improves your elbow joint mobility; cultivates a stable skill of using your body's potential energy; increases the frequency of movements considerably!

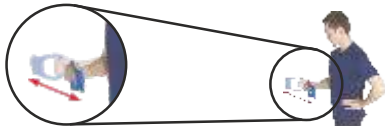


Fig. 30.15



Fig. 30.1



Fig. 30.2



Fig. 30.3



Fig. 30.4



Fig. 30.5



Fig. 30.6



Fig. 30.7

1. Take the simulator in your right hand and move your opposite leg forward as shown in the figures above.
2. Recall all the recommendations as to the swing technique set out on page 16.
3. Start doing the exercises, 6 swings in each hand position.
4. **RESPIRATION.** Take a breath before each exercise and perform 6 swings when breathing out. Breathe out in small amounts so that the number of puffs is equal to the number of swings. When moving your hand to the next position, take a breath again and perform 6 more swings when breathing out.
5. All 7 exercises should be done one by one with your one hand (6 swings in each exercise) and then, after you change your leg position, do them with your other hand.

**The main thing is not to forget about the correct POSITION OF YOUR HAND RELATIVE TO YOUR BODY**



Fig. 30.8



Fig. 30.9



pic. 30.10



Fig. 30.11



Fig. 30.12



Fig. 30.13



Fig. 30.14

Change your leg and take the simulator in your left hand as shown in the figures above. Perform the same actions: change your hand positions and do 6 swings in each position. In total, do 7 exercises for your one hand in the following positions: 3 exercises in front of your body, 1 over your head and 3 exercises aside (Fig. 30.8 - 30.14)



After you have done seven exercises for each hand, start doing the next seven exercises with your hand turning immediately, without any rest (see the figures below).

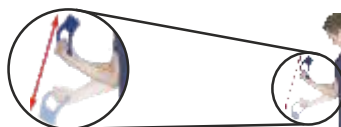


Fig. 31.15



Fig. 31.1



Fig. 31.2



Fig. 31.3



Fig. 31.4



Fig. 31.5



Fig. 31.6



Fig. 31.7

1. Take the simulator in your right hand and move your opposite leg forward as shown in the figures above.
2. Start doing exercises, 6 swings in each hand position.
3. RESPIRATION. Before each exercise take a breath and perform 6 swings while breathing out. Breathe out in small amounts so that the number of puffs is equal to the number of swings. When moving your hand to the next position, take a breath again and perform 6 more swings when breathing out.
4. All 7 exercises should be done one by one with your one hand (6 swings in each exercise) and then, after you change your leg position, do them with your other hand.

**The main thing is not to forget about the correct POSITION OF YOUR HAND RELATIVE TO YOUR BODY**



Fig. 31.8



Fig. 31.9



Fig. 31.10



Fig. 31.11



Fig. 31.12



Fig. 31.13



Fig. 31.14

Change your leg and take the simulator in your left hand as shown in the figures above. Perform the same actions: change your hand positions and do 6 swings in each position. In total, do 7 exercises for your one hand as shown in Fig. 31.8 - 31.14.

The exercises should be done twice. First time – immediately after warming up, at a leisurely pace. The second time should be in the middle of your training – at a quick pace.

The main point of all the routines is in the power and speed they are performed with and the factors are interdependent. When you increase the speed of performing the exercises, their power, explosive abilities and accent grow too!

## PRECAUTIONARY MEASURES

Please pay attention to the lifestyle you had been leading before you started training with Evnik. Sudden start of doing sports always increase the risk of injury, regardless of whether you are using any simulator, or just do exercises using your own body weight. Doing the exercises with the Evnik simulator intensively warms up the muscle system; creates a gentle load on the heart, the respiratory and the other systems of the body. Nevertheless, make sure that your doing sports does not have sharp character, start training gradually. Keep a straight body posture. Check the condition of the joints.

In case of discomfort or pain, you should make a break for 2-3 days. It takes time for the adaptation mechanisms of the body to make your tendons more flexible and your joints more mobile. Never do exercises through pain. If pain persists, consult the doctor.

Before starting any trainings requiring considerable physical effort, it is strongly recommended that you consult a competent doctor. During performance of the exercises follow your state of health. Stop exercising immediately if you feel at least one of the following symptoms: pain, heaviness in the chest, irregular heartbeat, shortness of breath, dizziness, or nausea. Remember that excessive load can damage your health. Keep in mind that although the simulator weighs 100- 200 grams only, it nevertheless creates the load exceeding its own weight by many times.

Before using the simulator we recommend you to consult the competent doctor for the matter of any contraindications to train with the simulator, any physiological, anatomical or other characteristics of your organism, or a state in which there is a risk to your health. For trainings use comfortable clothing which does not restrict the movements.

### **Please use special gloves (as shown below).**

In addition, to prevent building up calluses, it is recommended to squeeze the handle more strongly with your hand, minimizing its friction (scrolling in the palm of your hand).



Boxing handwraps



Sports gloves



MMA gloves



Boxing gloves





*"Nothing in the world will make your  
freer than your own development"*  
Saadvakass Family

The method is used by Kazakhstan national boxing team

#### 1. ANTAGONIST MUSCLES!

FOR THE FIRST TIME IN THE HISTORY OF SPORTS, IT HAS BECOME POSSIBLE TO TRAIN POTENTIAL MUSCLES PURPOSEFULLY!

HIGH-SPEED SIMULATOR EVNIK HAS HELPED TO SET WORLD RECORDS.

#### 2. POTENTIAL ENERGY!

FOR THE FIRST TIME IN THE HISTORY OF SPORTS, DUE TO THE METHOD CAN BE USED TO ACCUMULATE AND RELEASE POTENTIAL ENERGY HIDDEN IN OUR MUSCLES SO EASILY AND EFFICIENTLY! IT IS LIKE "PYROMETRICS" BUT IT IS BETTER FOR YOUR ARMS AND TRUNK!

#### 3. SPEED AND AGILITY

THE FIRST TRAINING DEVICE IN THE WORLD TO BOOST YOUR SPEED AND AGILITY WHICH ALLOWS OVERCOMING HUMAN'S INHERENT SPEED LIMITATIONS! IT IS AN INCREDIBLE ACHIEVEMENT IN HEALTHCARE AND SPORTS!

#### 4. TENDONS!

IT IS THE WORLD'S FIRST TRAINING DEVICE WHICH HAS BEEN SPECIALLY DESIGNED TO STRENGTHEN YOUR TENDONS! THERE ARE NO CLOSE ANALOGUES IN THE WORLD.

#### 5. IMPACT EXERCISES.

WE RECOMMEND THAT ALL SPORTS ENTHUSIASTS BECOME FAMILIAR WITH SPECIAL "IMPACT" EXERCISES! EVERY IMPACT INCORPORATES AN AMOUNT OF POTENTIAL ENERGY IN THE ATHLETE'S BODY - TAKE ADVANTAGE OF IT!

#### 6. COORDINATION

IT COORDINATES WORK OF MUSCLES OF YOUR ARMS, SHOULDER GIRDLE AND THROAT FROM SCRATCH, MAKES YOUR BODY MOVEMENTS MORE BRISK AND FASTER AND ALLOWS UNDERSTANDING AND MASTERING LEGENDARY BRUCE LEE'S "EXPLOSIVE MOVEMENT" TECHNIQUE

#### High-Speed Simulator EVNIK

Is not the same as lifting weights! During motion and its own flexure, the simulator accumulates **POTENTIAL** and **KINETIC ENERGY** in its body in order to create a sudden load for your muscles!

This way, your muscles experience a (good) "shock" boosting your workout process.

#### Package contents:

High-Speed Simulator EVNIK - 1 pcs  
User's manual - 1 pcs

Manufacturer:  
China, SAADVAKASS Company

Guarantee: 3 years

Environmentally safe product

Not under mandatory certification.

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