

The logo for KO COACH, featuring the letters 'KO' in a stylized font with a green square containing a white 'K' inside the 'O', followed by 'COACH' in a bold, white, sans-serif font.

KO COACH

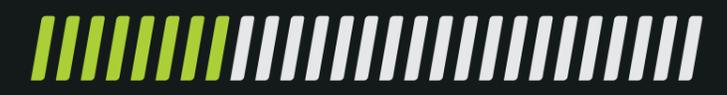
the future of combat sports and cardio training

KO COACH ITS® CATALOGUE

#HITTOSTART

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every punch counts



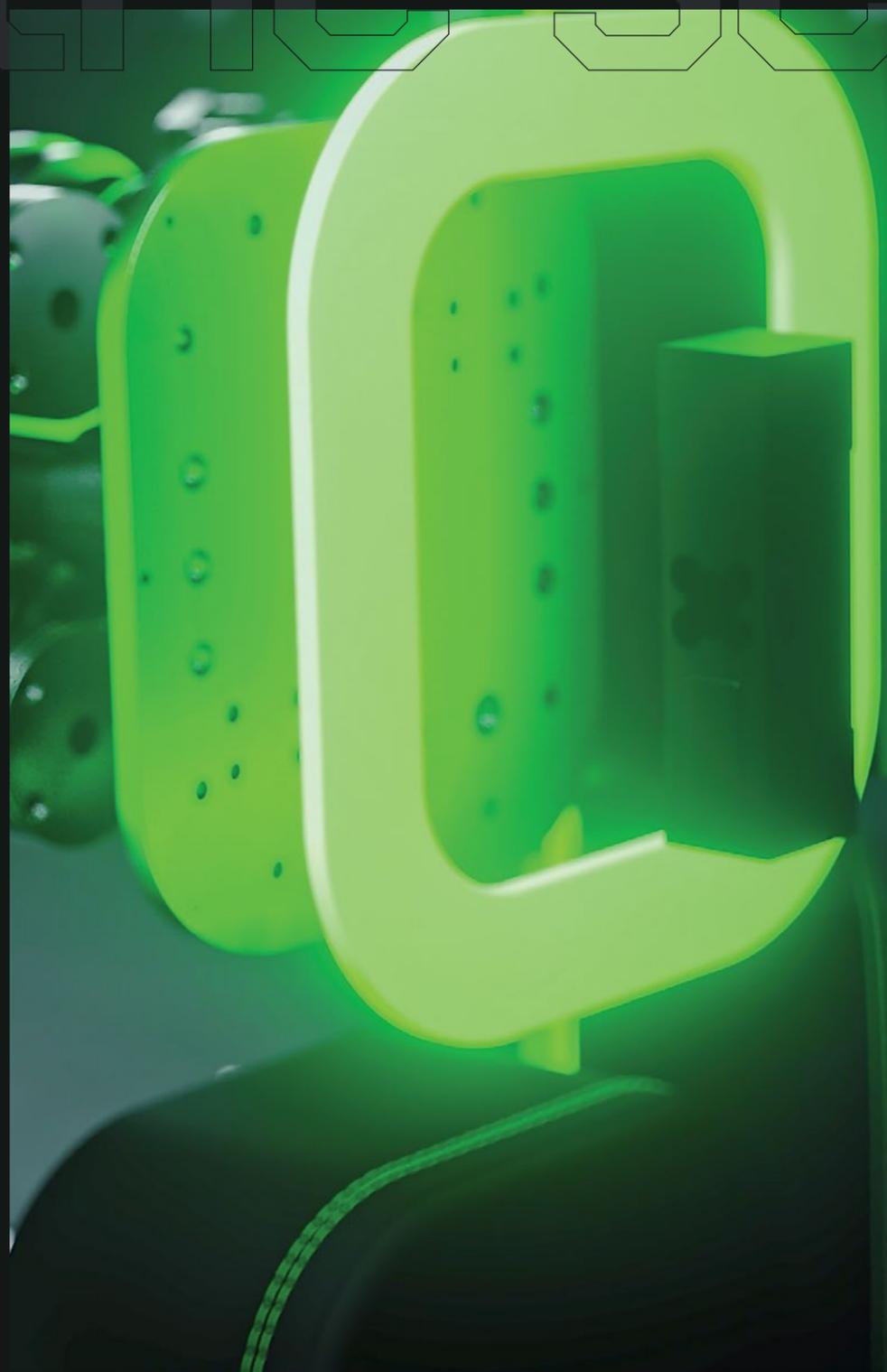
MEET KO COACH ITS®

interactive training station

We've built a unique machine that lets you train boxing or kickboxing at any skill level, while tracking and storing detailed performance data on your user account.

#HITTOSTART

THE REVOLUTION



the science

people

the fight

INNOVATIVE TECHNOLOGY

- + 8 sensor groups provide scientifically validated data.
- + The user-friendly app offers features that motivate users.
- + Durable construction tested for over 1000 hours by professional athletes.

01 ko coach its

8 STRIKE PADS

For every punch and kick imaginable (low, middle, high).

8 SENSOR GROUPS

Each pad includes 5 sensors measuring strength, speed and precision.

8 LED PANELS

RGB lights indicate targets, customizable to your gym's style



INTERACTIVE TRAINING STATION

#HITTOSTART

LEVEL UP YOUR TRAINING

knockout your limits

burn 20-30% more calories / build strength & endurance / increase flexibility / improve skills /
reduce injury risk / boost health & mood / new motivation



POWER

You can measure the exact force you generate with each punch or kick.

- Force (KG & N)
- Strength development rating ($N \cdot s^{-1}$)
- Force relative to body weight (KG & N/KG)
- Force relative to record (% OF RECORD)

SPEED

You can monitor the speed of your punches and kicks.

- Frequency (HIT/s)
- Strike duration (s)
- Frequency (N/s)
- Force-frequency to duration ratio ((HIT/s)/s)

PRECISION

You can improve the accuracy of your strikes.

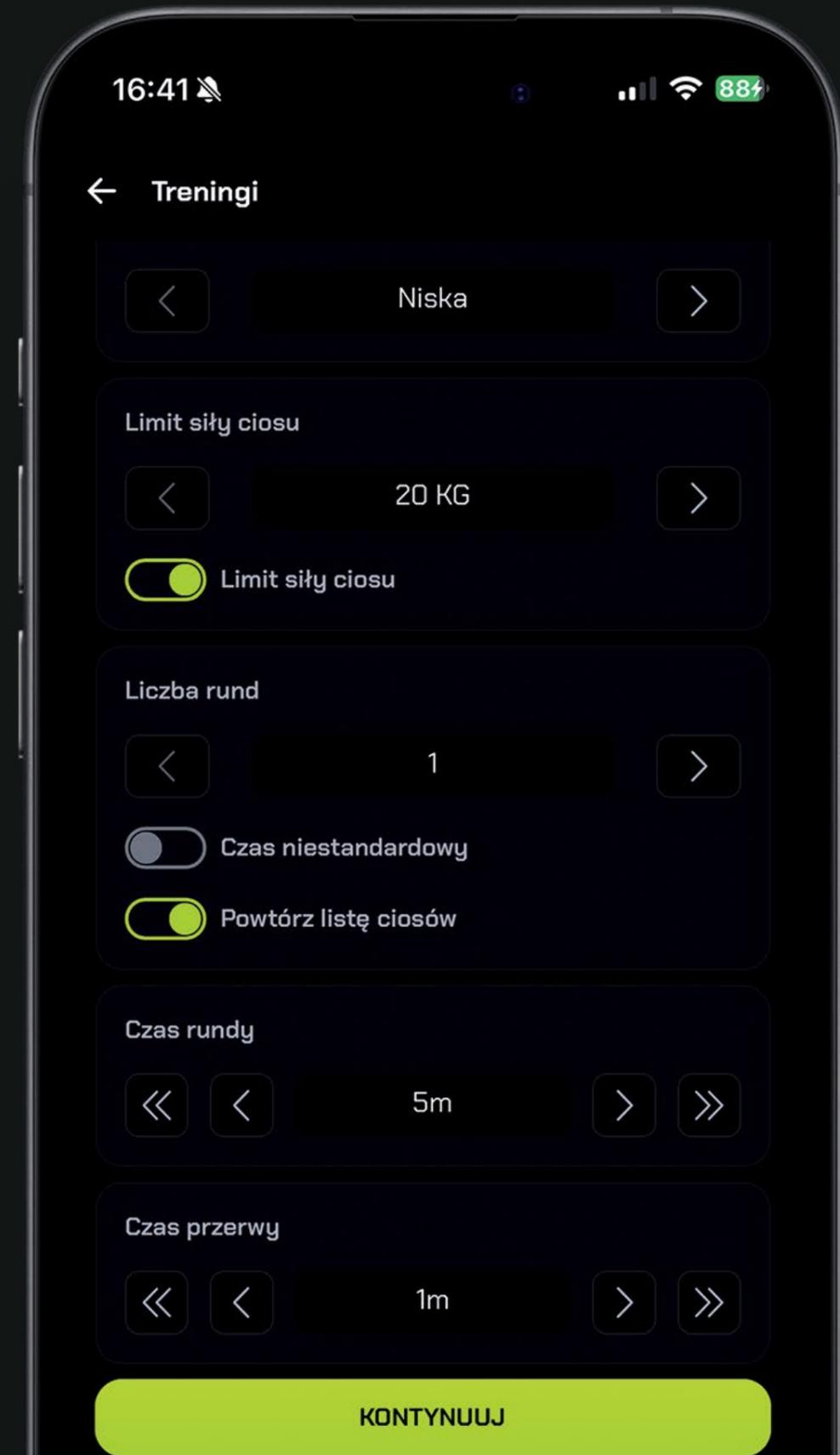
- Force-to-duration ratio (N/s)
- Force decline rate

TECHNIQUE

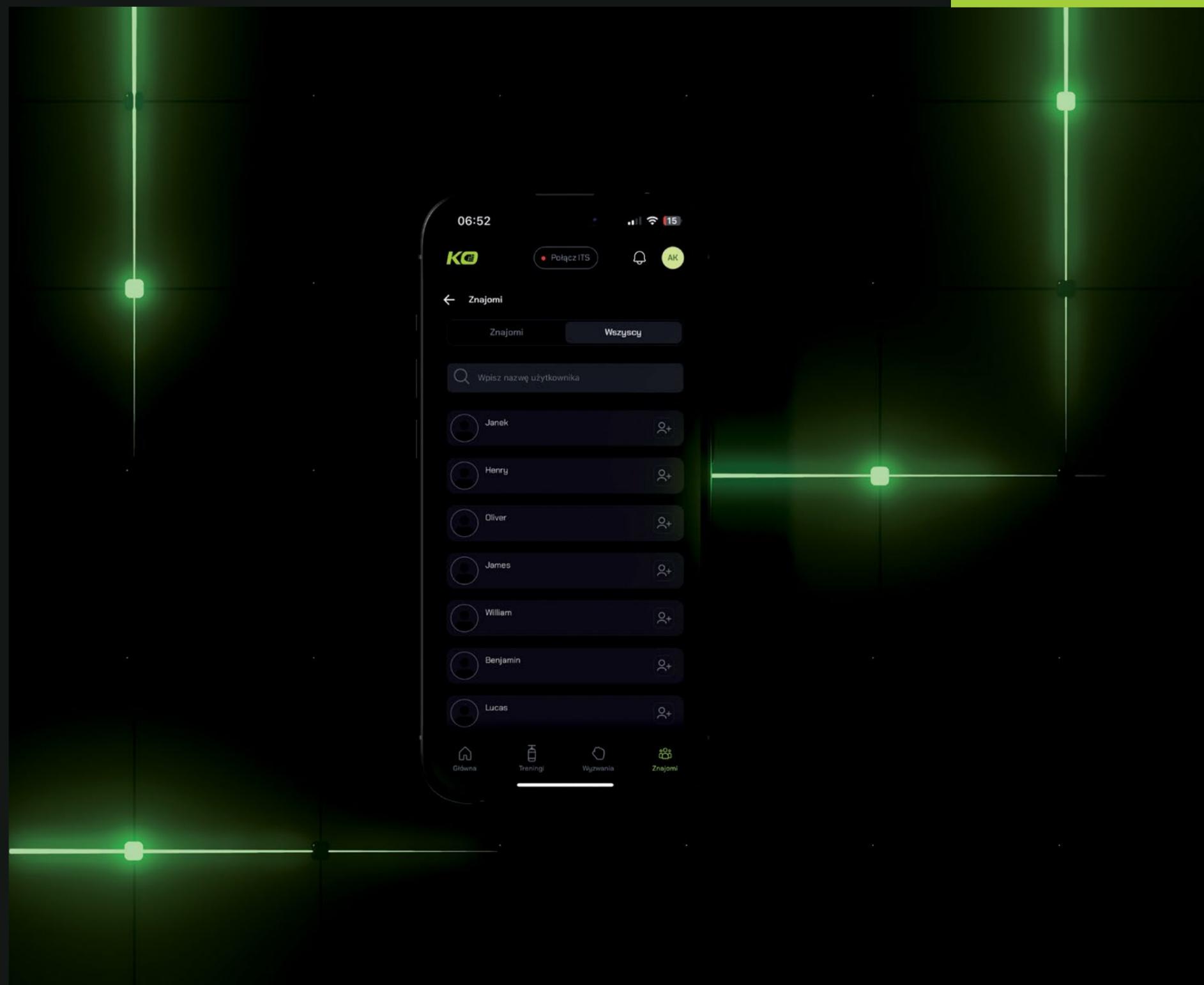
By monitoring all these parameters, you can quickly improve your technique.

KO COACH® MOBILE APP BENEFITS

- + Scan QR to customize your ITS settings
- + Create and manage custom workouts
- + Add friends to your social circle
- + Share workouts with your friends
- + Analyze stats and progress
- + Train and compete online with other users
- + Share training data with your coach
- + Showcase your best results online



HOW IT WORKS

**STEP 1**

Connect your phone
to KO COACH ITS®
by scanning the QR code
displayed on the screen.

STEP 2

Set up your profile
to customize the machine
to your conditions.

STEP 3

Choose a workout
or create one
using the KO COACH®
workout creator.



KO COACH®
is the only machine
on the market
that delivers
advanced,
science-backed
data to enhance
your combat
training program





THE LAB OF COMBAT

PERFORMANCE



Dr hab. Michał Wilk

Professor at the University of Physical Education in Katowice
Academy of Physical Education
Department of Sport Theory
Head of the Sports Training Center
Institute of Sport Sciences

Professional testing confirms the exceptional accuracy of KO COACH®, blending the best hardware and software into the world's most precise combat training tool

KO COACH® provides reliable measurement results for strike and punch parameters.

KO COACH® demonstrates excellent consistency with an ICC value of 1.00. This means the device is highly reliable and delivers accurate measurements every time.

unique product

	KO COACH®	Other machines available on the market		
Force (KG & N)	•	•	•	•
Strength development rating (N*s-1)	•	•	•	•
Frequency (HIT/s)	•	•	•	•
Force relative to body weight (KG & N/KG)	•	•	•	•
Force relative to record (% OF RECORD)	•	•	•	•
Strike duration (s)	•	•	•	•
Force frequency (N/s)	•	•	•	•
Force-to-duration ratio ((HIT/s)/s)	•	•	•	•
Force-to-duration ratio (N/s)	•	•	•	•
Scientific research	•	•	•	•
App supporting the platform	•	•	•	•
Combat simulation	•	•	•	•
Height adjustment	•	•	•	•
Individual training	•	•	•	•
Group training	•	•	•	•
Training analysis	•	•	•	•
Challenges	•	•	•	•
Gamification with other users	•	•	•	•
Masterclass training	•	•	•	•



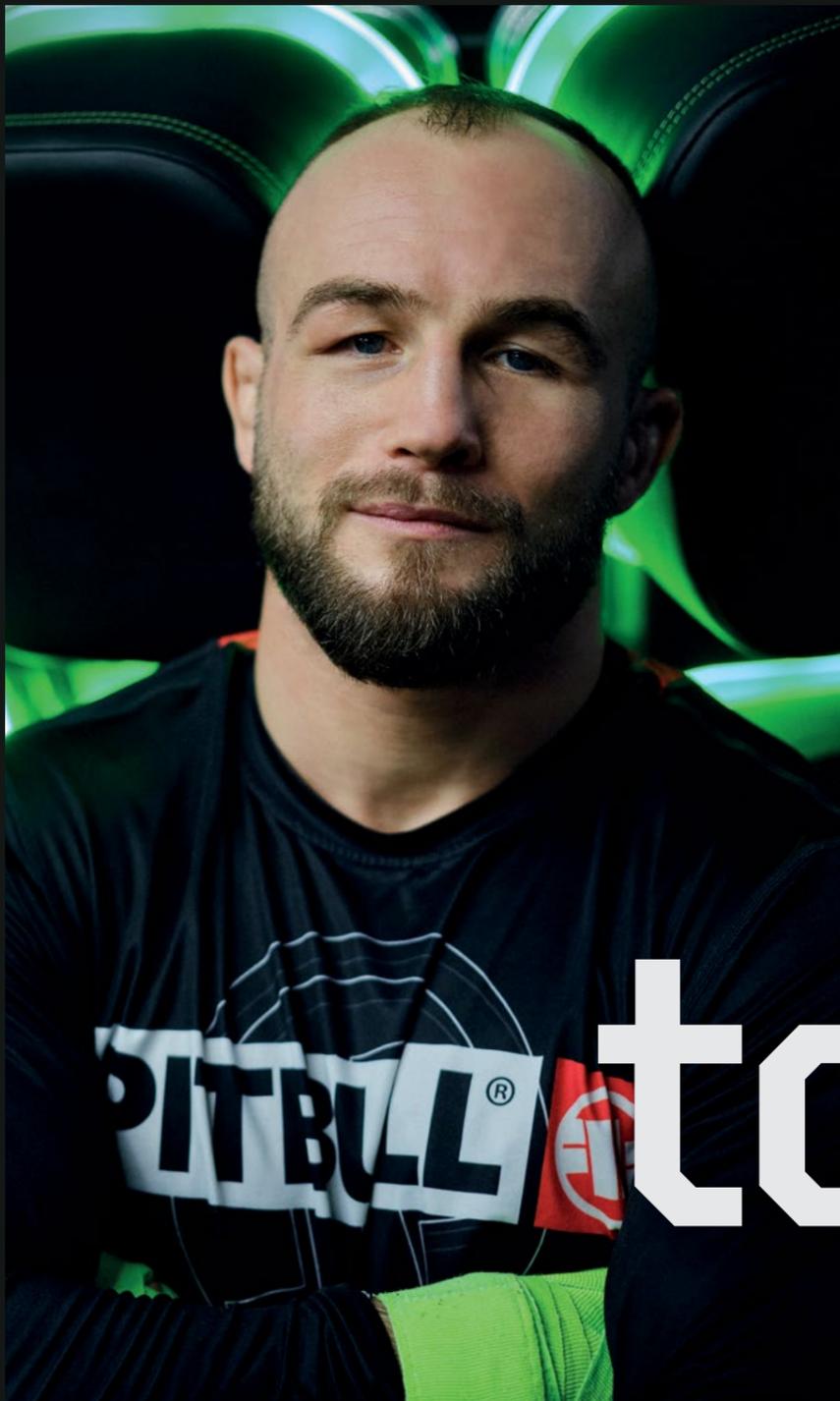


„KO coach
will change
the future
of industry”

KO COACH® is a true breakthrough for the fitness community, as well as for trainers and athletes in boxing, kickboxing, and MMA.

It is precise, accurate and most importantly, helps track users' progress.

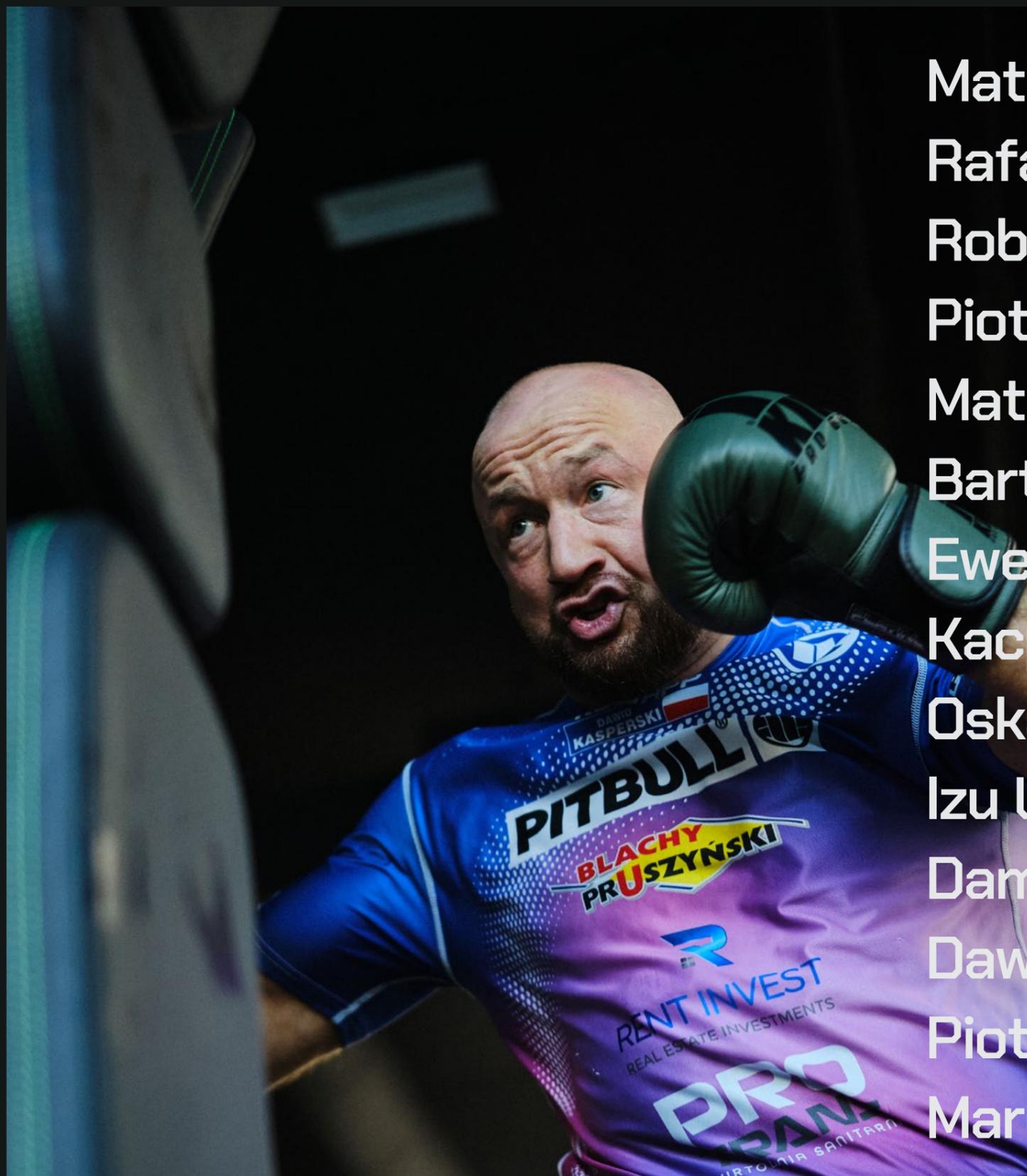
Future athletes now have an incredible opportunity that we never had.



MATEUSZ RĘBECKI / UFC FIGHTER



top fighters approved



Mateusz Rębecki UFC fighter

Rafał Haratyk KSW light heavyweight champion

Robert Ruchała interim KSW featherweight champion

Piotr Kuberski interim KSW middleweight champion

Mateusz Masternak former IBF, WBA, WBO, EBU champion

Bartosz Batra multimedal winner in Muay Thai, Strike King CEO

Ewelina Pękalska 3-time European boxing champion

Kacper Frątczak 3-time WAKO world champion

Oskar Siegert World Muay Thai champion

Izu Ugonoh former IBF, WBO, WBA champion

Damian Knyba undefeated heavyweight boxer

Dawid Kasperski KSW fighter

Piotr Wawrzyniak OCTAGON MMA fighter

Marcin Wójcik KSW fighter

SMALL STUDIO

Group training
 Personal training
 Athlete training

MODULAR STUDIO

Group training
 Personal training
 Athlete training

UNATTENDED STUDIO

Personal training
 Athlete training

FIGHT ZONE

Group training
 Personal training
 Athlete training



LET'S WORK TOGETHER

#HITTOSTART

SMALL STUDIO

A versatile studio concept with 4-6 interactive training stations (ITS), designed to accommodate both group and individual training sessions. Group classes offer a variety of formats, including fitness and boxing/kickboxing sessions for all levels, from beginners to advanced. This flexible setup provides clients with a dynamic and engaging experience.



MODULAR STUDIO

A versatile studio concept with 4-6 interactive training stations (ITS), designed to accommodate both group and individual training sessions. You can also customize the interior by adding one or more available modules:

functional / core strength / pilates / yoga / grappling mat

UNATTENDED STUDIO

A concept for a small boutique studio operating without staff, offering a fully contactless experience. An ideal solution for bustling urban areas where finding large commercial spaces is challenging. An added benefit for clients is 24/7 access, perfectly fitting the fast-paced lifestyle of big cities.



FIGHT ZONE

We can integrate combat zones into existing gyms or studio spaces, transforming them into specialized training areas equipped with 4-6 interactive training stations (ITS). This addition enhances the facility, offering a unique and dynamic training experience for both fitness enthusiasts and martial arts practitioners.

OWN THE FIGHT



LET'S WORK TOGETHER

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we are...

the grind
the sweat
the victory

WELCOME TO THE CREW



#HITTOSTART