



## **PUNCH BAG W/CHAIN 100CM / 20KG**

**SKU:** TT19271

**65.00 €**

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**Stock:** In stock

**Categories:** [Boxing & Combat](#), [Punching Bags](#), [Punching Bags](#)

## **PRODUCT DETAILS**

### **Black Punching Bag 100cm, 20kg**

Elevate your training sessions with our premium 100cm Black Punching Bag, designed for both amateur and professional fighters. Weighing 20kg, this bag strikes the perfect balance between weight and mobility, allowing you to develop power, precision, and endurance. Crafted from high-quality synthetic leather, it offers exceptional durability and a realistic striking surface that mimics the feel of a real opponent. The bag is filled with compressed fabric to maintain a consistent shape, ensuring that your punches and kicks land with optimal feedback. Whether you're training in boxing, Muay Thai, MMA, or just looking to enhance your cardio, this punching bag is an essential addition to your home or gym setup.

### **Exercise Benefits:**

## **Cardiovascular Conditioning:**

Working out on a punching bag is an excellent way to boost your heart rate and improve cardiovascular health. A 30-minute session can burn hundreds of calories while enhancing your stamina and overall heart health.

## **Full-Body Workout:**

Every punch, kick, and combination involves multiple muscle groups, offering a comprehensive workout. It engages your core, arms, shoulders, back, and legs, promoting muscle toning and endurance.

## **Improved Coordination and Balance:**

Regular practice on a punching bag helps improve hand-eye coordination and balance. The rhythm and movement required to strike the bag effectively also enhance your agility and reaction time.

## **Stress Relief:**

Punching a bag is a great way to release stress and pent-up energy. The physical exertion combined with the focus required to maintain form can be incredibly therapeutic.

## **Strength and Power Development:**

The resistance offered by the 20kg bag helps in building upper body and lower body strength. Over time, your punches and kicks will become more powerful as you develop the necessary muscle mass and technique.

## **Improved Endurance:**

Regular workouts on the punching bag help in building both muscular and aerobic endurance. The repeated action of striking the bag helps your body adapt to prolonged physical exertion.

## **Enhanced Technique and Skill:**

The consistent practice on a punching bag allows fighters to refine their technique, perfecting everything from footwork to punch accuracy. It's an ideal tool for working on combinations, defense maneuvers, and timing.

## **Weight Management:**

Given its cardiovascular benefits, regular sessions with the punching bag can aid in weight loss and management, making it a perfect addition to a fitness regimen aimed at shedding pounds.