



PUNCH BAG W/CHAIN 120CM / 40KG

SKU: TT19272

69.00 €

Stock: In stock

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

PRODUCT DETAILS

Black Punching Bag - 120cm, 40kg

Elevate your training with the Black Punching Bag, a versatile and robust addition to any home or commercial gym. Standing at 120cm and weighing 40kg, this heavy-duty bag is designed for durability and performance. Crafted from premium synthetic leather, it can withstand the most intense training sessions, from power-packed punches to powerful kicks. The bag is evenly filled, ensuring a consistent feel across its entire surface, allowing for a realistic and effective striking experience.

Its sleek black design is not only stylish but also easy to maintain, fitting seamlessly into any workout space. The reinforced stitching and sturdy hanging straps ensure that this bag remains a reliable training partner, round after round.

Whether you're a beginner looking to improve your technique or an experienced fighter sharpening your skills, the Black Punching Bag is engineered to meet all your training needs.

Exercise Benefits:

Cardiovascular Health:

Punching bag workouts are a fantastic way to get your heart rate up and improve cardiovascular endurance. The high-intensity nature of the exercise helps burn calories and strengthens your heart, promoting better overall cardiovascular health.

Muscle Toning and Strength:

Working out with a punching bag engages multiple muscle groups simultaneously. Your arms, shoulders, chest, back, and core all get a workout as you deliver punches and kicks, leading to increased muscle tone and strength over time.

Improved Coordination and Balance:

Training with a punching bag requires focus and precision, helping to improve your hand-eye coordination, timing, and balance. Regular use of the bag can enhance your agility, making you quicker and more responsive.

Stress Relief:

Hitting a punching bag is an excellent way to relieve stress and tension. The physical exertion combined with the mental focus required can help you release pent-up frustration and leave you feeling more relaxed and centered.

Weight Loss and Calorie Burn:

A vigorous workout with a 40kg punching bag can burn a significant number of calories. It's an effective full-body workout that helps in weight management and fat loss, making it a great addition to any fitness regimen.

Enhanced Endurance and Stamina:

Consistent training with the punching bag builds stamina and endurance. As your endurance improves, you'll be able to sustain longer and more intense workouts, contributing to overall fitness.

Skill Development:

For martial artists, boxers, and fighters, the punching bag is essential for skill development. It allows you to practice different techniques, improve your striking power, and perfect your form in a controlled environment.

Mental Discipline:

Punching bag workouts require concentration and mental toughness. Over time, you'll develop greater mental discipline, which can translate to better focus and determination in other areas of your life.