

## 12kg Bulgarian Workout Power Bag

RRP: \$219.95

The Bulgarian bag offers everything a Kettlebell, dumbbell or barbell can offer – and much more. This 'live' weight can be punished in explosive, dynamic ways that are impossible with solid iron weights. Invented by Bulgarian Ivan Ivanov, a former Greco-Roman Olympic athlete and coach, the tool was first used with wrestlers. The Bulgarian bag is perfect for pushing, twisting, swinging, rotating, squatting, lunging and throwing. The intensity of working out with the Bulgarian bag goes beyond strength training. The Bulgarian bag develops speed, power and flexibility.

### Features:

- Synthetic leather outer with a flock fill inner
- Portable and can be used virtually anywhere
- Requires no additional tools, attachments, or set up
- Can be used as a free weight in various, simple and dynamic movements
- Weight: 12KG

Note: Strap Colours and design may vary

