

## Free Standing Punching Bag Speedball Boxing Reflex Training Target Dummy Gym

RRP: \$659.95

Whether you're a competitive boxer or just box for fun and fitness, this free-standing punching bag by Randy & Travis Machinery is a superb choice. Great for building speed and stamina, it is height-adjustable to accommodate a wide range of users. It's free-standing and portable, allowing you to practice your skills anywhere you want. It's the perfect choice to cross-train for a variety of sports and a must-have for anyone who practices martial arts. Hone your hand-eye coordination and footwork at home without the need to go to the gym.

A sand- or water-filled base and powerful suction cups keep it in place, no matter how hard you train. Its flexible arm swings a full 360 degrees, allowing you to simulate the action of a real match. Tough, durable PU leather bounces back with every punch, while sturdy stitching resists tears, no matter how hard you train. If you're serious about training, you need to add this professional-grade piece of equipment to your home gym. Order yours today!

### Features and specifications:

- Material: PU leather and stainless steel
- Colour: Black
- Height: 120-190cm
- Flexible arm swings 360°
- Uses either sand or water in its base (not included)
- Suction cups anchor the base to the floor
- Adjustable height
- High elasticity
- Easy assembly
- Sturdy and durable

