

## 170cm Free Standing Boxing Punching Bag Stand MMA UFC Kick Fitness

RRP: \$609.95

Boxing and other martial arts are booming in popularity as people discover their benefits. No longer just for self-defence, these sports increase agility and cardiovascular fitness, making them perfect for cross-training and general fitness. Now, you can train at home as well as in the gym with this free-standing punching bag and stand by Randy & Travis Machinery. Standing at 170 centimetres, the bag simulates an opponent of about average height to make your workout as real as it gets – without the counterpunch. With high-resilience hydraulic foam padding and elastic fabric, it springs right back with each punch, protecting your hands from injury. A double layer of PU leather gives it added durability for long wear, even under heavy use. A tethered loop on the base reduces the swing, giving you more control.

Crafted from heavy-duty steel with a double-stitched rubber shaft, the stand is built for extra stability. Twelve suction cups under the base prevent slippage and protect your floor. Fill the base with either sand or water and you're ready to train. Perfect for kickboxing, MMA, UFC, and standard boxing, this essential piece of equipment accommodates them all. Take your martial arts game to the next level when you train at home with this professional-quality punching bag and stand. Order yours today!

### Features and specifications:

- Material: Heavy-duty steel, PU leather, rubber, elastic fabric, and high-resilience foam
- Colour: Black
- Overall height: 170 cm
- Base height: 50 cm
- Base diameter: 50 cm
- Bag diameter: 26 cm
- Bag weight: 16.6 kg
- Accessories: 12 suction cups
- Easy assembly
- Base fills easily with either water or sand
- Stable and durable
- Flexible, tear-resistant bag
- Suitable for a variety of sports, including boxing, MMA, UFC, kickboxing, cross-training, and personal fitness
- Double-stitched rubber internal shaft and sturdy base ensure stability
- Tethered loop reduces swing
- Gym quality equipment designed for home use

