

## 30L Water Punching Bag Aqua with D-Shackle and Chain

RRP: \$559.95

Work out your upper body and core with this water-filled punching bag by Randy & Travis Machinery. Perfect for serious boxing aficionados or simply those who want to relieve stress, this punching bag mimics the feeling of striking a real opponent with the same recoil. Unlike sand, water better absorbs the blow, protecting your joints from overuse injuries. With its commercial-grade construction, it's perfect for gyms as well as for home workouts. It's the ideal choice for anyone who wants to learn a few self-defence manoeuvres or simply to stay in shape.

Easy to install, this punching bag comes with a chain, a commercial-grade D-shackle, and a carabiner. It's perfect to train your punching speed and accuracy, giving you both a great cardio workout and an excellent preparation for your next fight. Used by training gyms all over the world, this bag swings less than air-filled bags, giving you a more realistic feel when you don't have a sparring partner available. Don't miss this chance to get into better shape for your next match. Order your water punching bag today!

### Features and specifications:

- Length: 55cm
- Diameter: 40cm
- Capacity: 30L
- Weight (filled): 35kg
- Accessories: Carabiner, commercial-grade D-shackle, and a 6 x 1mm chain for easy mounting
- Absorbs blows well, with decreased risk of injury, as with sand-filled bags
- Low swing

Easy installation with only a Philips screwdriver, ceiling mount hardware (not included), and water – just remove the valve with the screwdriver, fill with water, and seal the bag with the screw plug.

