

## 180cm Free Standing Boxing Punching Bag Stand MMA UFC Kick Fitness

RRP: \$839.95

Whether for self-defence, physical fitness, or competition, this free-standing punching bag and stand by Randy & Travis Machinery is an essential part of your training routine. Designed to provide a realistic scenario, it stands 180 centimetres tall, about the same size as an average male opponent. Whether your thing is UFC, kickboxing, MMA, standard boxing, fitness training, or other martial arts, this set is the perfect addition to your equipment.

Its solid steel construction pairs with high-resilience foam padding, elastic fabric, and a thick, double-layered PU leather cover for strength and durability, even under even the toughest training regimen. Use water or sand to fill the base for stability. Twelve suction cups provide extra safety. Thanks to its high-tech hydraulic foam technology, the bag's superior shock absorbency can keep your hands free from accidental injury. Take your training to a higher level. Order your punching bag set today!

### Features and specifications:

- Material: Heavy-duty steel, double-layer PU leather, rubber shaft, elastic fabric, and high-resilience foam padding
- Height (stand): 170cm
- Height (total): 185cm
- Height (base): 30cm
- Diameter (base): 50cm
- Diameter (bag): 28cm
- Weight (bag): 16kg
- Base Shape: Round
- Accessories: 12 suction cups
- Double-stitched rubber internal shaft for better balance
- Suitable for MMA, boxing, kickboxing, UFC, all-around fitness, and many more uses
- Suction cups underneath the base, sturdy frame, and internal spring ensure stability
- Tear-resistant and flexible bag
- Tethered loop on the base reduces swing
- Use water or sand to fill the base
- Easy assembly

