

# Hammer Punching Bag Impact

The Hammer Boxing Impact Punch standing punching bag has a shape that works well for a large number of training options.

You can use it to perfect your combinations of kicks and punches. Train your endurance on this sparring partner that keeps coming back. Because this punching bag is free standing you can put it anywhere.



## SPECIFICATIONS

The plastic base

Can be filled with the desired material

(water/sand), so that the bag has sufficient weight to remain standing.

Weight

110 Kg

Filling with sand

no less than 130 kg

Impact Punch height

162 cm 177 cm 192 cm