



Freestanding Punching Bag

Take your workouts to the next level with a freestanding punching bag—the ultimate tool for high-intensity, full-body training that builds strength, endurance, and agility. Unlike wall-mounted or hanging bags, a freestanding design offers easy placement, mobility, and versatility, making it perfect for any fitness space. Engage your core, arms, legs, and cardiovascular system with every strike while improving coordination, reaction time, and stress relief. Whether for boxing, kickboxing, or general conditioning, this dynamic training tool is ideal for all fitness levels. No installation, no limits—just pure power and performance!

VERSATILE BASE:

Weighted base includes integrated handles for use as footholds during abdominal exercises and handholds for various workouts. These handles also serve as anchor points for resistance bands, straps, and battle ropes. The base can be filled with water, aqueous gel, sand, or steel shot for stability.

ADVANCED SHOCK ABSORPTION:

A dampening tank and elastic diaphragm reduce impact (absorbing stikes), prevent tipping with enhanced balance, and minimize injury risk.



FEATURES	
Length	24" (61cm)
Width	24" (61cm)
Height	67" (171cm)
Materials	Plastic
Impact Dampening	High Density Foam, Dampening reservoir, vinyl cover
Base Filling	Water, Sand, or Steel shot
Color scheme	Matte Black
Machine weight	117 LBS (18.9 KG)
SHIPPING	
LTL Shipping Dimensions	72" x 40" x 32" (182cm x 102cm x 81cm)
Parcel Shipping Dimensions	Box 1: 25""x25""x14"" (64cm x 64cmx 36cm)
	Box 2: 16""x16""x61"" (41cm x 41cm x 155cm)"
Shipping Weight (Boxed)	50.5 LBS (22.9kg)

SKUS

9-TD-FHB1-35THD



Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

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