

Gym Gear Free Standing Punch Bag

Train with confidence, wherever you are. The Gym Gear Free Standing Punchbag delivers a stable, space-efficient design that's easy to set up and move as needed. Whether you're working on speed, power, or endurance, it's ideal for boxing, kickboxing, and high-intensity workouts—at home or in the gym. No wall mounts, no fuss. Just solid, all-round training.



High Quality Stitching



Weighted Base



Technical Specifications

Rating	Commercial
Height	175cm (105+30+40cm)
Base	Sand (Sand Not Included)
Material	PU
Colour	Black

Key Features

Optimum Density and Feel	•
Weighted Base	•
High Quality PU Material	•
Suckers under base for added stability	•