

Performance Bags

Take your training to the next level with our Gym Gear Performance Bags!

The quality range of Gym Gear Performance Bags offer a fantastic way to challenge fitness ability, develop endurance and overall cardio strength and physical power.

Used as an alternative to medicine balls or dumbbells, these sandbags are a highly effective and hugely versatile functional training accessory. Choose lighter bags for fast, high energy movements or heavier bags for slower, more controlled exercises.



Easy Weight Identification



Colour Coded



Storage Rack



Multiple Handles



Technical Specifications

Rating	Commercial
Weights Available	5kg, 10kg, 15kg, 20kg, 25kg & 30kg

Key Features

High durability with superior construction	•
Multiple handles increases versatility	•
Ideal for sports specific and functional training	•
Inherent instability triggers stabilising muscles and increases core strength	•
Improves grip strength, co-ordination and proprioception	•
Colour coded for easy weight identification	•
Portable and easy to transport	•
Available from 5 – 30kg	•
Storage rack is available to purchase separately	•