



Weighted Bags

SKU: **See variants**

Versatile weighted bags for functional training that build strength, endurance, and conditioning in one compact tool. Switch between lighter loads for speed drills or heavier weights for controlled power work.

Key Features

- Supports power, endurance, and conditioning training
- Multiple handles for a wide range of movements
- Shifting load activates stabilising muscles for balance and grip
- Colour coded for fast, easy weight selection
- Available in 5kg to 30kg to suit all levels
- Durable build for commercial and personal training use

Please note: Not suitable for slamming.

Technical Specifications

Length / Depth	50 cm
Height	30 cm
Width	30 cm

Available Variants

Option	SKU	Weight
5 kg	GG-PB-05	5 kg
10 kg	GG-PB-10	10 kg
15 kg	GG-PB-15	15 kg
20 kg	GG-PB-20	20 kg
25 kg	GG-PB-25	25 kg
30 kg	GG-PB-30	30 kg

