





Gym Gear Free Standing Punch Bag

SKU: **GG-BOX-FSPB**

Free-standing design with a weighted base delivers reliable stability without the need for wall or ceiling mounts. Ideal for boxing, kickboxing, and conditioning work, it gives users the freedom to train anywhere while keeping floor space clear. Built for repeated impact, it suits both commercial gyms and serious home setups.

Key Features

- Optimum density and feel for controlled strikes and realistic feedback
- Weighted base design improves balance during high-intensity sessions
- Suckers under the base add extra grip on smooth flooring surfaces
- High quality PU material built to withstand repeated punches and kicks
- Commercial rating suitable for gyms, studios, and performance spaces
- 175cm total height to support boxing and kickboxing training
- Easy to position and move without permanent fixings

Technical Specifications

Weight	12 kg
Height	175 cm