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Punching Bags

By Mike

Heavy bags and standing bags

Free standing bags are heavy bags that have large rounded bases and rest on the floor rather than suspended from the ceiling or hung from wall mounts. Free standing bags make a great choice for anyone who will be both punching and kicking the bag, this is because the foam on free standing bags begins close to the base and provides more useable striking surface for kicks. Another good feature of free standing bags is that, even when filled, that can be easily rolled away for storage or just rolled to the corner of the room. Standing bags can be filled with either water or sand. In most cases water is preferred; this is because water provides some energy feedback and adds a more realistic feel when hitting the bag. Sand will make the bag weigh more, but will have generate a thick, unyielding feel. Standing bags are usually designed to weigh between 250 and 300 lbs. when filled. Hanging bags are heavy bags that are suspended from wall mounts or from the ceiling through the use of chains and hooks. Heavy bags are known to be extremely durable and provide you with an intensive, fluid workout that develops stamina, strength and overall cardiovascular fitness. Hanging bags also provide some sway, which is good for developing coordination and improving reaction time.

Choosing the correct weight

The more weight a bag has, the less sway it will produce. Too much will make the bag hard to hit, and too little sway will make the bag feel like a rock, and fail to absorb impacts which will cause damage to bones and tendons over time. A 5'8" male with a weight of about 170 lbs. should look for a bag weighing between 60 and 70lbs. More skilled or heavier hitters might want to look for something closer to 100lbs while those looking for a bag with more sway might want to consider something near the 40lb. mark.

Choosing the right hanging bag

The market is almost overflowing with heavy bag manufactures; however there are a few who stand out. Heavy bags from TKO are generally considered to be very high quality and are known for there durability. Their bags are sought after by gyms and boxing schools alike. Everlast, while at the high end of the price range, makes very high quality equipment and should be considered when looking for

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a heavy bag.

Leather bags are extremely long lasting and will have a more comfortable feel when struck. Vinyl bags can mimic the feel and look of leather while remaining more affordable. Water-core hanging bags are adjustable in weight; this adjustability is attained by under-filling the water core.

Hanging a heavy bag

Unlike free-standing bags, hanging bags need additional hardware before they can be used. There are a variety of wall mounts and hooks that you can buy to mount your heavy bag virtually anywhere you need to. Common places to hang the bag are garages, workout rooms and basements. If you are interested in keeping the bag outside, you may want to look into a weatherproof, or indoor/outdoor

heavy bag.

Mike writes for BoxingDepot.com. See the complete

[punching bags buying guide](#)

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Training With A Sparring Partner Punching Bag

By Sarah Thomas

It isn't always possible to have another person available for sparring whenever you are ready to work out. That is one of the reason sparring bags are necessary. But sometimes, even if another person is available, training can be better done on the bag.

Sparring partner punching bag training lets you focus on delivering your blows and honing your technique without the distraction of being on the defense from blows of a sparring partner.

Punching Bags

Sparring partner punching bags come in several different styles and are made of varying material. Traditionally, heavy bags weighing around 100 pounds were hung from the ceiling for punching and kicking. The older the bags became, the harder they would get until it became almost like punching a rock.

Today, sparring partner punching bags are made with inflatable chambers or have inner cores filled with water. They can be in the traditional cylinder shape or be shaped like a person complete with arms and legs. The punching bags can hang from the ceiling, or rise up from the floor.

Which style to choose is a matter of personal preference combined with the purpose of the bag. In some instances it might be better to have a sparring partner punching bag that rises up from the floor and better simulates an actual person.

Whatever style you choose, the end result is the same, it helps you to train your punches and kicks. Of course, hitting a sparring partner punching bag isn't exactly like the real thing since the bag doesn't hit back, and it has limited movement. The old style punching bags in particular will barely move when kicked or punched.

The sparring partner punching bags do make excellent training tools for developing your kicking and punching skills in martial arts and boxing. It helps you to build endurance and develop powerful punches.

Striking the heavy bag serves to develop gross motor skills upon which other sparring techniques are built. In addition, the body's reaction to the punch impact can strengthen muscular structure, toughen up your joints, and increase bone density.

There are a few precautions one needs to take when working with a sparring partner punching bag because injuries can occur and sometimes the injury is nonreversible and becomes a chronic condition. These injuries typically occur if you are training improperly, or training too intensely.

As an athlete, you know how important it is to allow your body to rest in between workouts to allow it to repair itself. So don't train too hard or too frequently with the sparring partner punching bag or you might develop chronic injuries.

In addition to chronic type injuries, it is also possible to suffer an acute injury either because of improper technique or as the result of an accident. Injuries of this type include sprained ankles, broken bones, skin tears, and bruises.

Using a sparring partner punching bag to train on is hard work since you need to constantly push yourself to develop your skill. However, a punching bag can also serve the double purpose of being an outlet for boredom, and can be used in your leisure time as well. You may find it to be an enjoyable pastime to practice punching and kicking the bag even if you are not in training.

Sarah Thomas provides articles on

<http://www.tai-chi-planet.com>

. You can find more of her work at the
site

<http://www.sparringguide.com>

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