

Title:  
Punching Bags

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Summary:  
Free standing bags are heavy bags that have large rounded bases and rest on the floor rather t

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Article Body:  
Heavy bags and standing bags

Free standing bags are heavy bags that have large rounded bases and rest on the floor rather t

Choosing the correct weight

The more weight a bag has, the less sway it will produce. Too much will make the bag hard to h

Choosing the right hanging bag

The market is almost overflowing with heavy bag manufactures; however there are a few who stan

Leather bags are extremely long lasting and will have a more comfortable feel when struck. Vin

Hanging a heavy bag

Unlike free-standing bags, hanging bags need additional hardware before they can be used. Ther

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