

Training Dummies & Free-Standing Punchbags

1 Sport-Thieme Free-Standing Punchbag

Base can be filled with water or sand. Ideally suited for technique training. Increases coordination and movement. 195-cm total height, weight unfilled: 29 kg, weight filled: 140 kg, ø of free-standing punchbag: 42 cm, black.

- **Basic:** fixed connection between base and punchbag
- **Flex:** flexible connection (spring) between base and punchbag

71 148 4508 Basic Each
71 148 4511 Flex Each



Basic



Flex: flexible connection (spring) between base and punchbag



✓ Grey version exclusive to Sport-Thieme



3 Century Wavemaster '2XL Pro' Free-Standing Punchbag

The punching surface is made of durable vinyl, covering high-density foam. The low base and the large sand bag provide the best conditions for punch and kick training. The base's low centre of gravity offers stability and functionality. An extra-large filling hole and an integrated closing cap ensure the filling is secure and at the same time allow the base to be easily filled with sand or water.

- LxW: 170x45 cm (pad: 132-cm long)
- Filled weight approx. 120 kg
- Red, black, blue or grey

71 149 3708 Black Each
71 149 3711 Blue Each
71 149 3724 Red Each
71 149 3740 Grey Each



4 Century 'Torrent' Free-Standing Punchbag

Free-standing punchbag for cardio kickboxing. Small dimensions so takes up less space. Small base for easy movements. 3-part patented system for perfect shock absorption. Easy to assemble. 'T1': 152 cm tall, 30 kg, weight when filled with water: approx. 111 kg.

'T2 Pro': 170 cm tall, 32 kg, weight when filled with water: approx. 113 kg.
71 275 0008 T1 Each
71 275 0011 T2 Pro Each

Also take a look at:
Boxing gloves, page 258

2 New! Sport-Thieme Free-Standing Punchbag Set

The set includes:

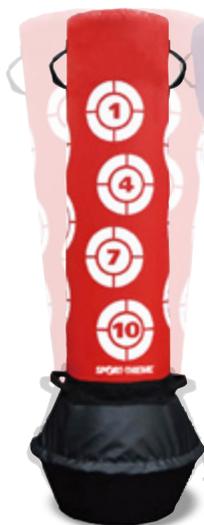
- 1 pair of 10-oz 'Knock Out' boxing gloves, p. 258, 2]
- 1 pair of hand wraps, p. 258, 10]
- 1 free-standing punchbag, 1], 'Basic' or 'Flex'

71 148 4700-1 Basic Each
71 148 4713-1 Flex Each

✓ With target zones



✓ PU foam



✓ Air-filled



Punch pad 1:
28 cm, 7 cm thick



Punch pads
2-5: 25 cm, 7 cm thick

Uppercut pad:
35x26 cm, 2.7-9 cm thick

✓ Height of all pads can be adjusted
✓ Height-adjustable from 130-187 cm

5 Century Wavemaster '2XL Pro' Free-Standing Punchbag with Target Zones

Free-standing punchbag with 10 target zones which represent key body areas and make training specific punching and kicking techniques easier. Can be filled with sand or water. Filled weight: 120 kg. LxW: 170x45 cm, padding: 132 cm long.

71 149 3737 Each

6 Sport-Thieme Free-Standing Bag

Can be filled with water or sand. Ideally suited to improving technique. With contact zones for precise training. Advantage: **after a strike, the dummy straightens itself up.** Available in two versions: air chamber or PU foam. With hand straps. Height: 162 cm, ø approx. 35 cm, base filled: 38 kg.

71 148 4407 Return, red Each
71 148 4410 Return Air, blue Each

7 Sport-Thieme Boxing Tree

For boxing training, martial arts training or an intensive fitness workout. The pads are specially arranged for perfectly combining punches. With numbers on the pads for an optimal overview of punching sequences. Height adjustable. Base can be filled with water or sand. Punch pads made of PU. Black.

71 277 6907 Each