# **Top Boxing Bag in the World**

The muscles in your upper, as well as your lower body, are all engaged during a heavy bag training session, making it an incredibly effective full-body workout. These bags are mostly cylindrical and just like you choose the best gloves for you, there are also many concerns for choosing a boxing bag or punching bag. Its size depends on the fighter’s age and size. A fighter’s height should be fitted with a bag that functions well with the person’s height and weight. You’ll find bags with different heights, widths, and weights in the market and maybe one varies from other brands. Punching bags come in sizes ranging from 3 to 6 feet and weights ranging from 60 to 160-plus pounds, but you can pick any punching bag of your choice and comfort. Some punching bags have combined mechanisms that enable you to modify the weight which is comfortable for you.

## **Size and Weight of Punching Bag**

If the bag doesn’t switch immensely in every direction each time you hit a square punch, then your punching bag is good in shape and size-wise.

The general recommendation for picking a heavy bag is that it should be around half of your weight. For example, if you weigh 190 pounds, you should choose a punching bag of 80-pounds. Heavy bags that are 4 or 5 feet long are usually preferable for grown-ups. As long as you have enough resistance and perseverance.

## **Material of Punching Bag**

Punching or hanging bags used for boxing are made of either leather, vinyl, or plastic material. Leather punching bags and the most widely used and, desired because they’re extremely long-lasting and comfortable.

However, like leather gloves, leather bags for boxing are also expensive but are arguably the gold standard because of their benefits. Many brands of boxing or punching bags use material of artificial leather that delivers a similar feel like leather at a cheap price.

In most cases, these punching bags come pre-filled, but you need to buy filler for your punching bag in case you buy empty or refill in situations like when the bag is leaking or the fill started to deteriorate. The most common punching bag fillers are:

* **Sand —** best option for people who want more weight in their punching bag. Sand is easy to fill and, unlike water, won’t create a huge mess if it leaks.
* **Water —** bags filled with water are suitable since water is easily available nearby almost every time. Today’s water bags are more reliable and safer to punch.
* **Textile —** filled with textile fillings, good for use, especially where you want to relieve muscle strain on the wrist, shoulders, and other body parts. This filling is the most standard and Thai style with a mixture of textile and sand to deliver a suitable amount of weight for your punching bag.

## **Different types of the Punching Bag**

Different punching bags have different training aims and if you are in fighting sports or going to take part you will need to know the different types of bags in boxing and what they are good for. Each type will differ in its weight, size, and shape, as well as the opposition and resistance they bring to you while training.

### **Free Standing Bags**

These bags are not hung by the ceiling, they stand, usually shorter and fill with either water or sand. These bags are perfect for punching, they provide a stable, all-round exercise and are great for beginners as well as professionals.

### **Heavy Bags**

When you picture yourself in constant workout and sparring sessions, you may want a heavy bag. This is the cylindrical bag that hangs from the ceiling and is displayed everywhere. It works outstandingly as it resists your punches. These bags can weigh between 80 and 160 pounds and are usually textile or sand-filled. But, they have less mobility than other bags.

### **Teardrop Bags**

These teardrop shape bags resemble a human body and allow you to practice kneeing, elbowing upper cutting and regular workouts. These bags also hang from the ceiling and have the same weight range as heavy bags, the only difference is just they have a less even shape.

### **Body Bags**

This “bag” stands on the ground and has a shape of an actual person, fully with arms, body, and face. It will allow you better practice in hitting or throwing something vaguely human in shape. These body bags are preferred for people interested in MMA or grappling.

### **Speed Ball**

They are mostly smaller, lighter, and air-filled. Generally, the more air in a bag, the faster it will respond which is best for training sessions. A speedball bag is mainly used to improve hand-eye coordination and will improve a boxer’s overall workout. You’ll recognize a speedball as being raised and attached to a wallboard, or can be freestanding but difficult to find in adult sizes.

The selection of a punching bag is the most important step for a boxer. It not only helps in a training session but is also used by common people for regular workouts.