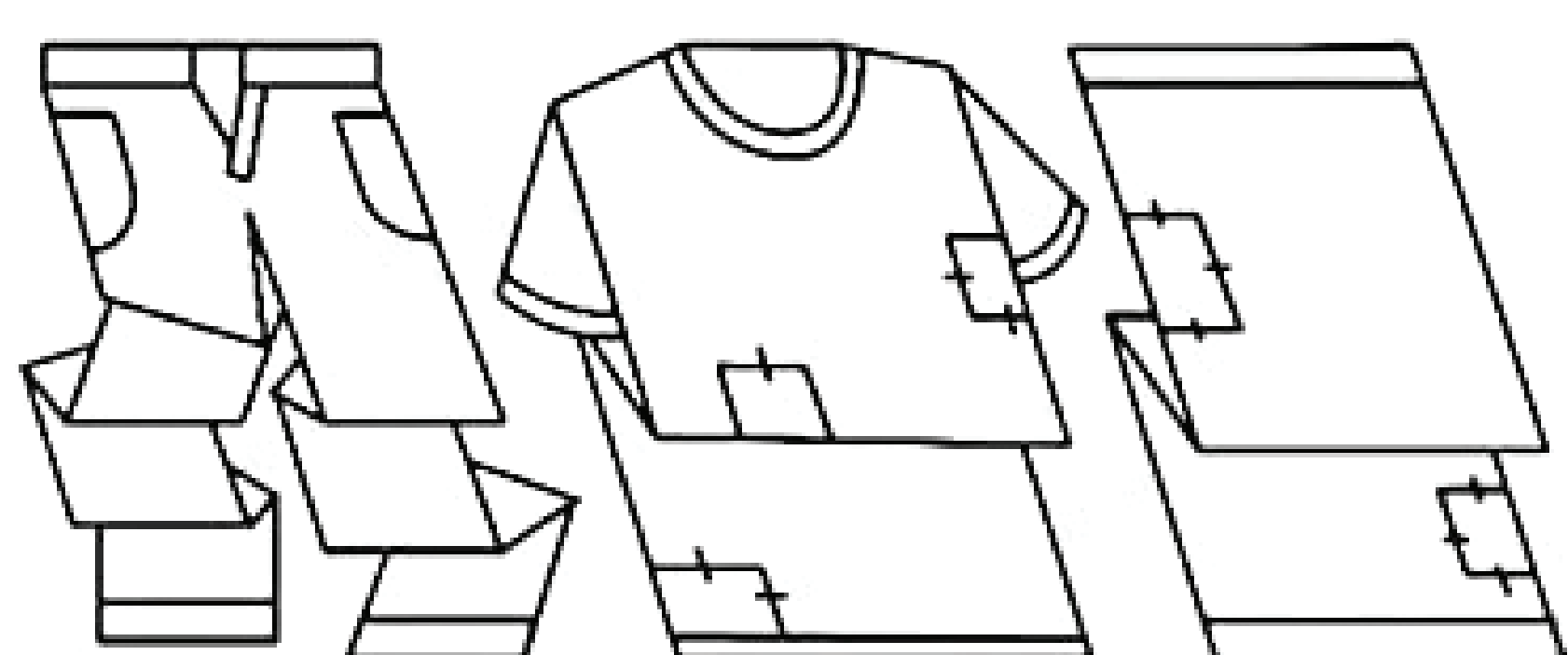


# HOW TO FILL HEAVY BAGS



## Step 1: Choosing a Filling

Consider how heavy and dense you want your punching bag to be. A punching bag with a higher weight and density will be harder to move, and it will require stronger punches. A lighter punching bag that's less dense will sway more when you hit it, and you won't have to hit it as hard.

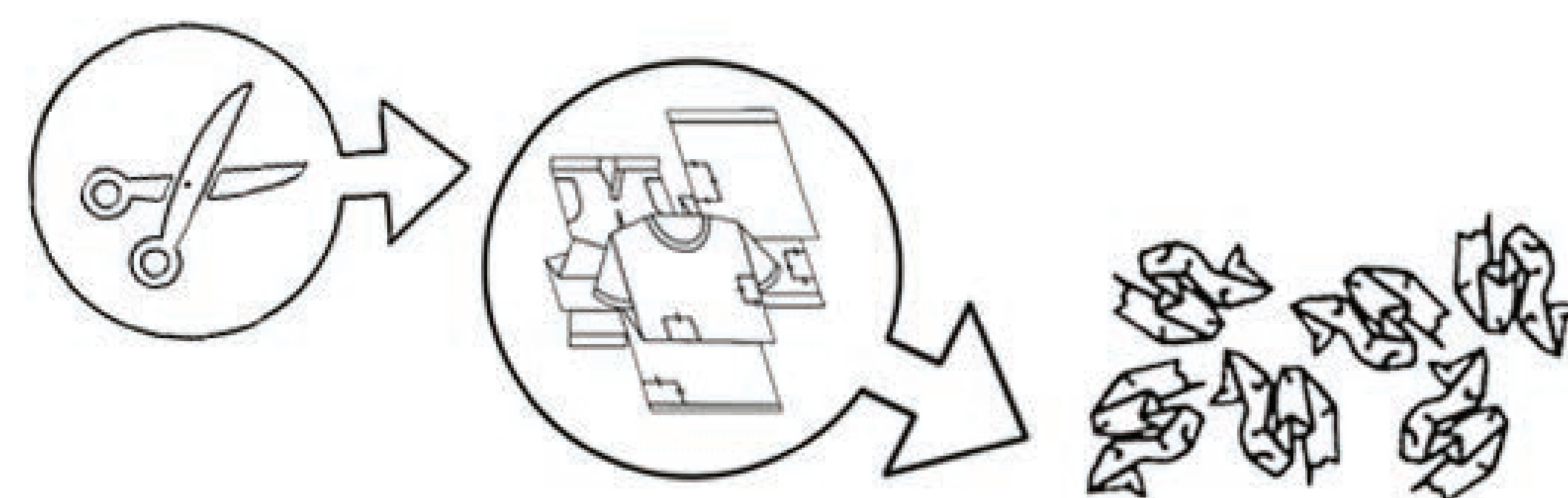


If you can't find enough fabric, you can buy insulation from home depot. It's an affordable option and you can get it in a big roll. (Perfect for stuffing)



## Step 2: Cut the Garments

Cut and Mix garments into manageable pieces. Many pre-filled punching bags are stuffed with cut-up strips of fabric. You can get the same effect at home using old clothes or other scrap fabric you have.



## Step 3: Making Weights

Place Crumb Rubber\* (Available at [www.treadmillfactory.ca](http://www.treadmillfactory.ca)) in Ziploc bags and reinforce bags with tape. This will add density and weight to your bag.



Crumb Rubber

+



Ziploc Bag

+



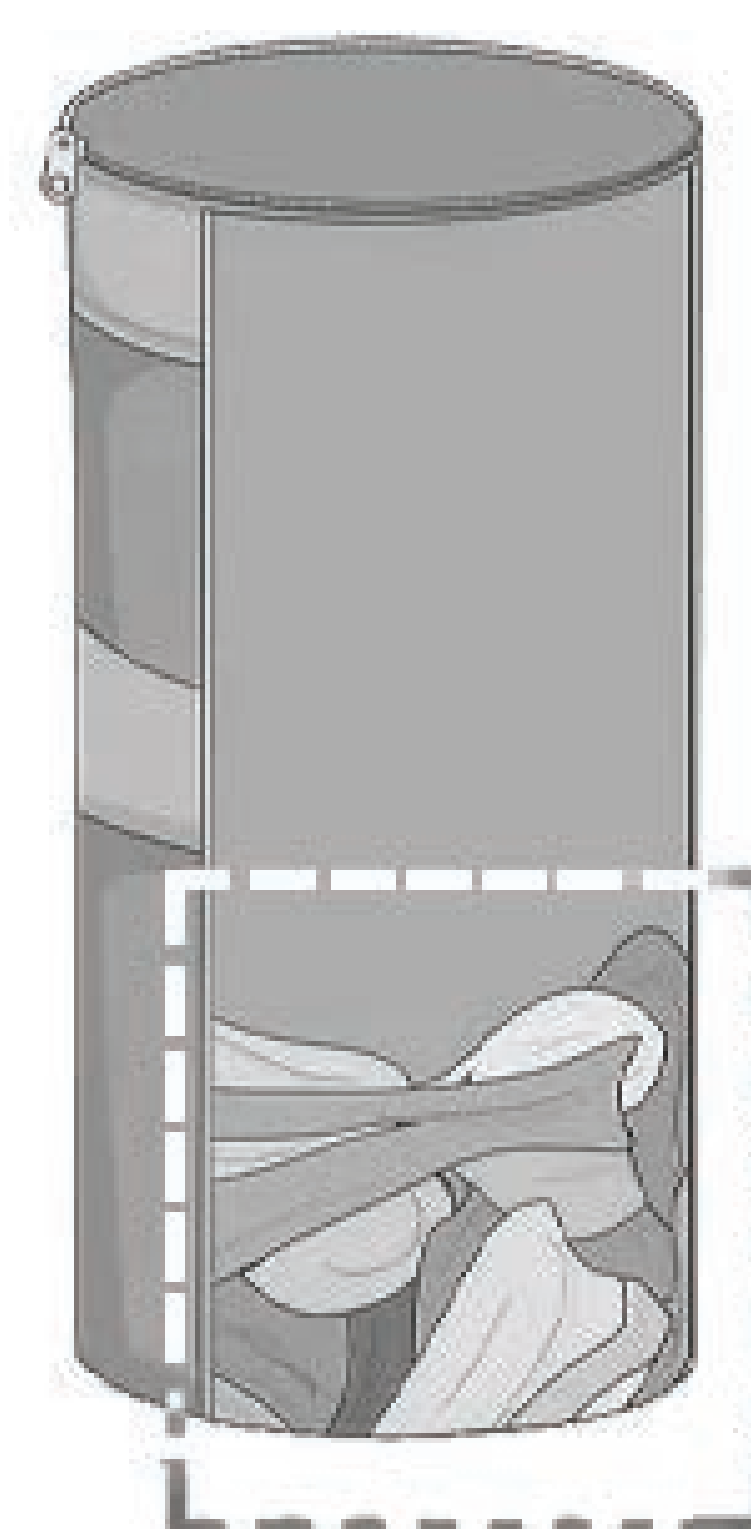
Tape shut

You may also use sand instead of crumb rubber; it will be just a little messier

## Step 4: Ready the Bag

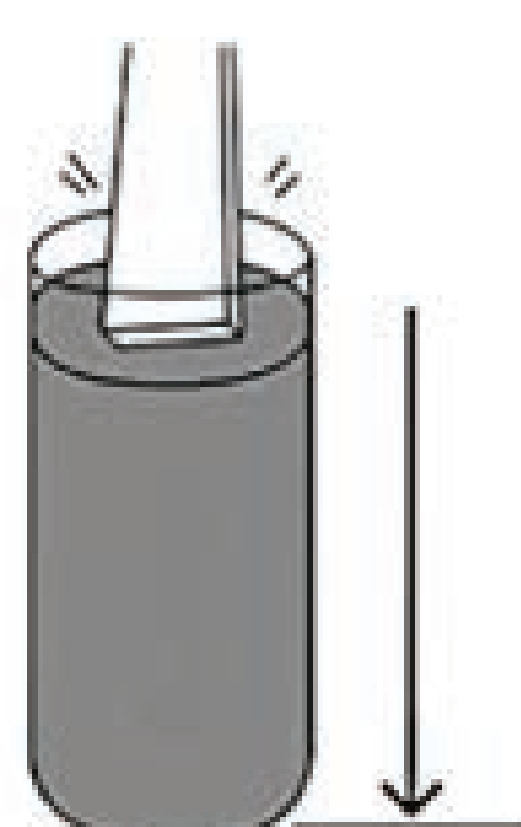
Add the first layer of filling to the bottom of the bag. If you're just using clothes or fabric, drop some into the opening of the bag so the bottom of the bag is completely covered.

Fill 1/6th of the bag.

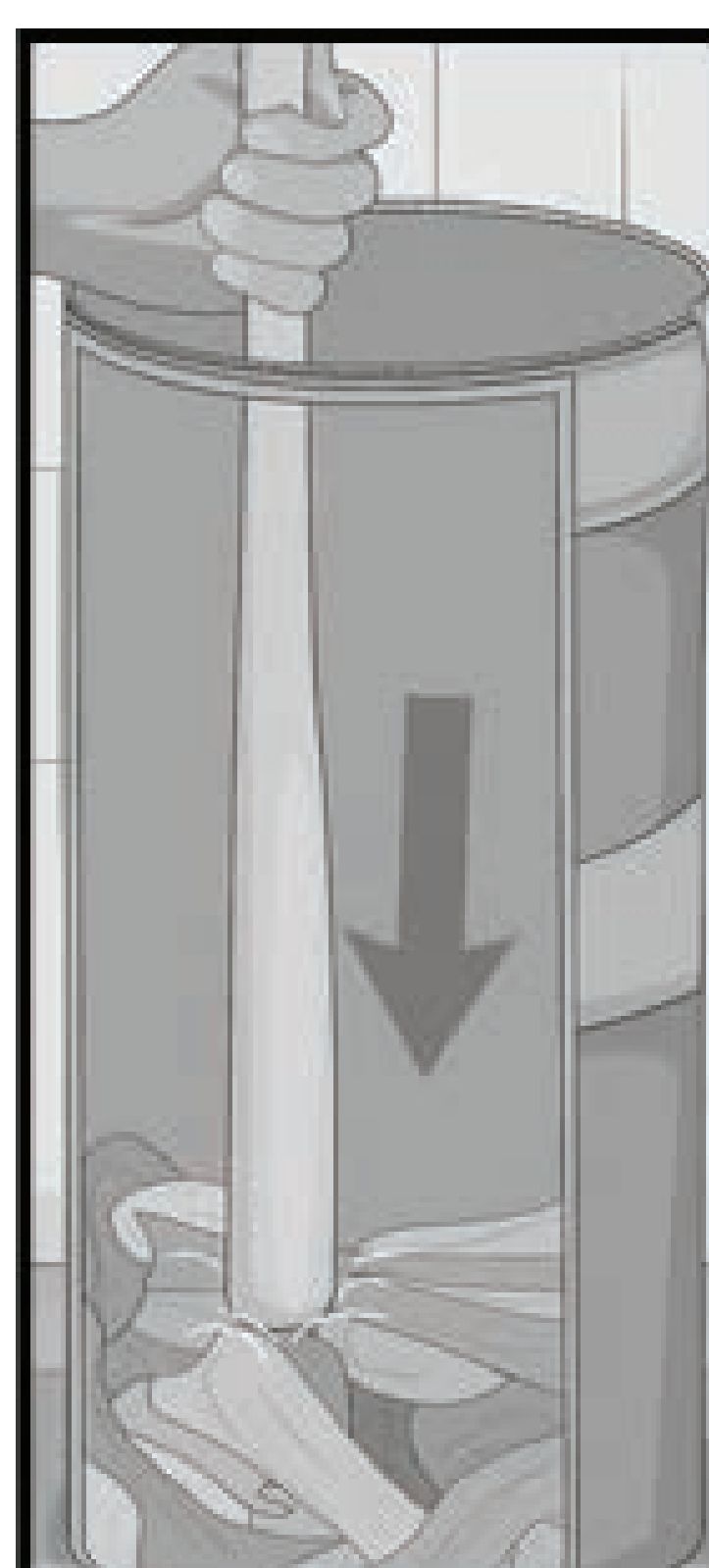


## Step 5: Pack it in

Use a long tool, like a baseball bat, to pack the filling down. Packing the filling down will get rid of empty space in the bag and make the finished product more uniform.



You may also use a 2x4 or a hammer handle to flatten.



## Step 6: Layering

Continue to add layers of filling, packing them down as you go. Alternate between crumb rubber bags and clothes every 1 foot, then pack them down with the tool.

Try to space the bags evenly up and down the length of your punching bag. You might not need to add a bag to every layer, depending on how heavy you want the bag

