



Sharpen reflexes, improve body rhythm, relieve stress, improve hand-eye coordination, build up strength and body balance and increase bilateral development all while combining both generalised and specific conditioning, muscle toning, fat loss, as well as advancing practical skills.

Model: BST180

Free-Standing Boxing Set



Features

- Pre-packaged with a punching ball on a sturdy stand, pair of boxing gloves, air pump and spanner
- With easy assembly, this boxing set features a durable PU punching ball, sprung chrome bar, 12cm tension spring and a steel stand mounted on a sturdy base
- Simply fill the base with sand or water for added stability and adjust the height between 121cm-145cm to get started

Specifications

- **Features:** Free-Standing Boxing Set, durable PU punching ball, suitable for both indoor and outdoor use, adjustable height, sprung chrome bar, 12cm tension spring, steel stand, mounted sturdy base, fill with sand or water for added stability, easy to assemble
- **Colour:** Black and Red
- **Accessories:** Punching ball on stand, pair of boxing gloves, air pump, spanner
- **Adjustable Height:** 121cm-145cm
- **Measurements:** 22cm x 22cm x 145cm
- **Weight:** 3.2kg

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