

CENTURY[®]
MARTIAL ARTS

2018



TRAINING BAGS:

WHICH BAGS ARE RIGHT
FOR MY PROGRAM

TRAINING BAGS

WHICH BAGS ARE BEST FOR MY PROGRAM?

Two primary factors are driving the growth and variety of boxing and kickboxing fitness programs. The first is the popularity of boxing and MMA. The second is the proliferation of punching bag designs. This short guide will help you pick which bag is right for you.

AT-A-GLANCE BAG GUIDE								
TRAINING BAG	WAVEMASTER®	POWERLINE WAVEMASTER®	WAVEMASTER® 2XL	TORRENT®	BOB® XL	VERSYS™ VS.1	HEAVY BAG	MUAY THAI BAG
								
BOXING	X	X	X	X	X	X	X	X
KICKBOXING			X	X		X		X
MULTIPLE USERS PER BAG		X	X	X				
USE WITH BAG GLOVES	X	X	X	X	X		X	X
USE WITH MMA GLOVES	X	X	X	X	X	X		

HOW MUCH SPACE DO BAGS NEED?

1 BAG PER 100 SQUARE FEET

The general rule of thumb for freestanding bags is one bag per 100 square feet for a kickboxing class. It means a 2,000 square foot space can hold 20 bags and will serve up to 40 people (if they work two per bag). If you will be doing a class that is strictly cardio boxing (all punches and no kicks) the bags can be a little closer together. Freestanding bags are preferable because they can be quickly rolled on and off the gym floor, and their positioning readily adjusted. Hanging heavy bags require a dedicated space because they are typically ceiling-mounted and, unlike freestanding bags, cannot easily be moved.



FREESTANDING BAGS

Century's bags appear nationwide in a variety of programs because they transform the class experience: they are affordable, easy to move on or off the floor and super fun to punch, kick, or strike with elbows and knees!

TORRENT

The perfect all-around freestanding bag! Torrent bags feature a larger striking surface to serve both boxing, kickboxing and other fight-fitness classes. Torrent bags are available in two sizes:

T2 PRO: Among Century's largest bags, with a 50" vertical striking surface, 18" diameter, and 67" total height. It can serve two people at once to help make the most of gym space.

T1: Designed for a single user. Standing 60" tall with a 43" vertical striking surface, the shorter and smaller 15" diameter top maximizes the fitness space while optimizing bag performance to satisfy advanced and beginning strikers alike.

RECOMMENDED GLOVE:
[DRIVE BOXING GLOVE](#)
[STRIVE BOXING GLOVE](#)



POWERLINE WAVEMASTER

The Wavemaster is the industry's original freestanding bag, and does not require ceiling or wall-mounted hanging fixtures. Free-standing bags serve the same purpose as a traditional heavy bag, and work just as well – but they can be moved and relocated at the drop of a hat! The Powerline is still a best-seller after 20 years on the market. It has a thick, high-density foam top with a 26" tall, 17.5" diameter striking area, and is height-adjustable from 47" to 68". It's ideal for all boxing combinations, and can be used by two people at a time. The bag is weighted by a 24" tall, 26" diameter water-filled rounded base.

RECOMMENDED GLOVE: [BRAVE BOXING GLOVE](#),
[STRIVE BOXING GLOVE](#)



BOB XL

The most realistic opponent (outside a human!) for martial arts training. BOB was built to help students prepare for live sparring by making striking targets visible. The realistic design promotes technique and accuracy awareness. This bag comes with a basic or extended torso for additional surface, and is height-adjustable from 60" to 82".

RECOMMENDED GLOVE: [BRAVE BOXING GLOVE](#),
[DRIVE TRAINING GLOVE](#)



VERSYS VS.1

The versatile stand-up and take-down bag. The VS.1 is used in fitness, MMA, and other martial arts to drill and condition every phase of training. It can be punched as a standing bag, or tackled and used for ground-and-pound. Top handles allow clinching for knee strikes, dragging, throwing and carrying.

RECOMMENDED GLOVE: [DRIVE TRAINING GLOVE](#)

TRADITIONAL HEAVY BAGS

The standard for every boxing gym! Virtually unchanged for over 100 years, the basic heavy bag is simply a fantastic bag for striking.

100LB HEAVY BAG

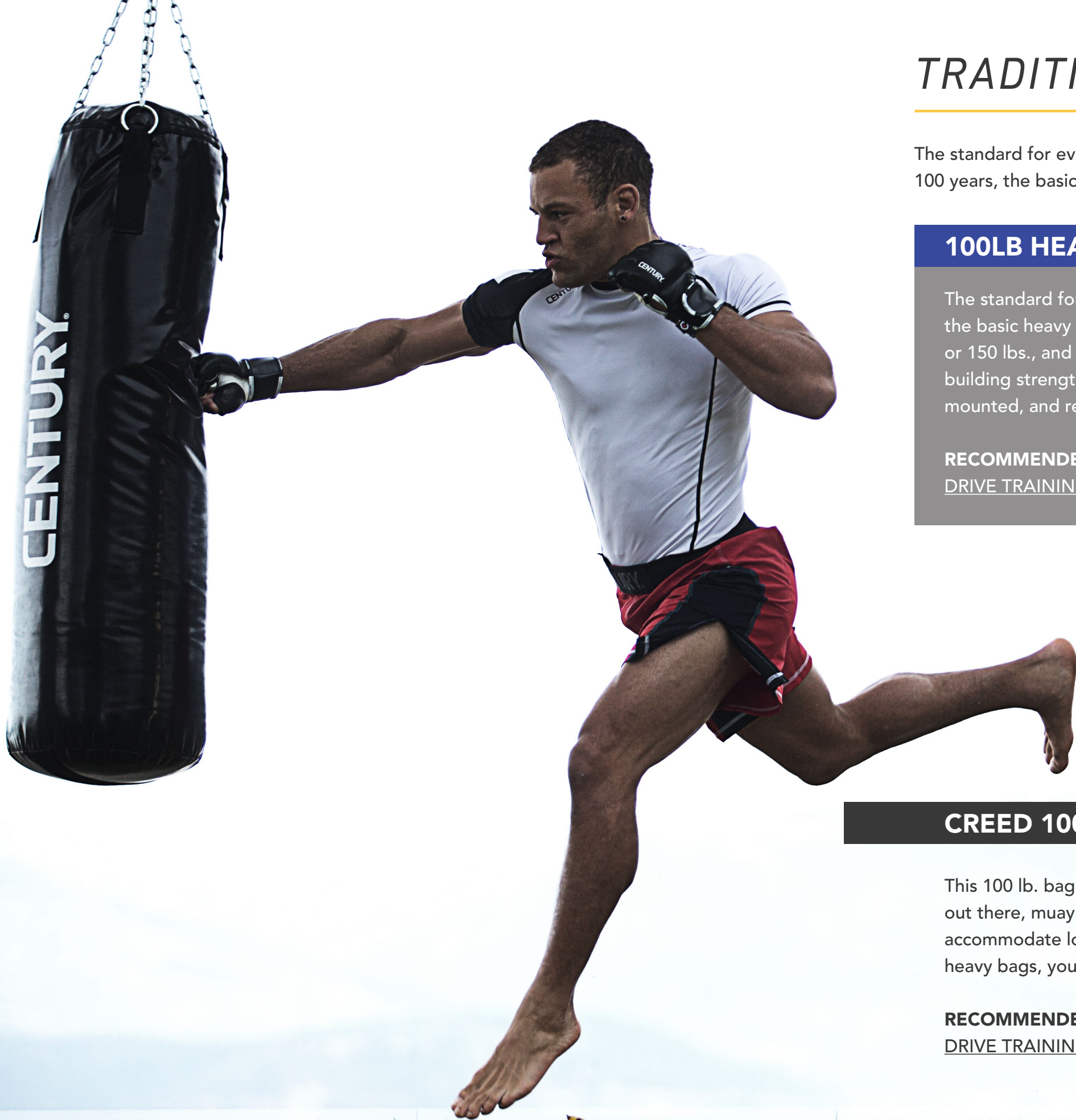
The standard for every boxing gym. Virtually unchanged for over 100 years, the basic heavy bag is simply a fantastic bag for striking. Available from 70 or 150 lbs., and 40" or 42" long, they provide a high level of resistance for building strength, speed and stamina. Heavy bags can be wall- or ceiling-mounted, and require dedicated space in the gym once installed.

RECOMMENDED GLOVE: [CREED BOXING GLOVE](#),
[DRIVE TRAINING GLOVE](#)

CREED 100LB MUAY THAI HEAVY BAG

This 100 lb. bag was designed for one of the toughest martial arts out there, muay thai, and features a 72.5"-long, slender shape to accommodate low and high kicks, knees and elbows. As with other heavy bags, you'll need gloves and wraps before striking it.

RECOMMENDED GLOVE: [CREED BOXING GLOVE](#),
[DRIVE TRAINING GLOVE](#)





**CENTURY HAS BEEN CREATING BAGS AND
GLOVES FOR BOXING AND MARTIAL ARTS GYMS
SINCE 1976. CHECK OUT ALL OF CENTURY'S
TRAINING BAGS, INCLUDING THE ONES MEN-
TIONED IN THIS ARTICLE, AND MANY MORE!**

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