



Suples Training Bag

Flexible and manageable training item that offers many different possibilities of use and variation - designed to improve the athletes special and general performance parameters!

- cover material: leather
- filling material: wool and sand
- the shape of the bag is designed to allow for upper and lower body training
- three different types of handles (outer handle, grab handle, strap handle) allow the athletes to execute exercises by using different grips
- the Training Bag ist available in four different sizes (XS, S, M, L) - every size bag and weight can be described by the different colors of the strap handles



ArticleNo.	Article	Features	Price *
332101	Training Bag Size XS	<ul style="list-style-type: none"> • weight approx. 5 kg • recommended for athletes of body weight approx. 27 - 45 kg • color of strap handles: yellow 	165,40 €
332102	Training Bag Size S	<ul style="list-style-type: none"> • weight approx. 8 kg • recommended for athletes of body weight approx. 45 - 68 kg • color of strap handles: green 	170,20 €
332103	Training Bag Size M	<ul style="list-style-type: none"> • weight approx. 12 kg • recommended for athletes of body weight approx. 68 - 86 kg • color of strap handles: red 	192,80 €
332104	Training Bag Size L	<ul style="list-style-type: none"> • weight approx. 17 kg • recommended for athletes of body weight approx. 86 kg and more • color of strap handles: black 	228,50 €
332105	Training Bag - full set	<ul style="list-style-type: none"> • one Training Bag of size XS, S, M and L each 	642,60 €

* all prices include 19% VAT

The Training Bag comes with a free instructional DVD. This DVD provides demonstration of proper use on each exercise along with demo of intense training from the creator Ivan Ivanov!