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The Body Opponent Bag or BOB is a one-of-a kind freestanding punching bag used by martial artists, self-defense students, fitness enthusiasts and men and women of all ages. Unfortunately, most people don't know how to unlock the hidden training features of this unique workout bag.

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## **Body Opponent Bag Top - Ultimate MMA Equipment**

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**The PROs of BOB  
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Free Standing  
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Rick Tew and  
NinjaGym.com**

The Century BOB (Body Opponent Bag) first appeared on the consumer market about 12 years ago and it has now become a staple in most martial arts gyms. The concept is that of a

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punching bag (actually, it can be considered a rubber-like statue as opposed to bag) that is anatomically correct.

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A great partner for sparring techniques or target work, the original BOB - Body Opponent Bag is a life-like mannequin with a vinyl 'skin' for more

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...

Standing at the right distance will allow for a near full extension as each punch hits the bag. A clean, crisp, sound should result

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from a near full extension punch. Try to punch through the bag, like it is an opponent.

6. Breathe Correctly.  
When hitting the bag, it is tempting to hold your breath due to the exertion needed to execute each punch.

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P080 - (BOB) Body

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