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Best Punching Bags of 2024

By [Nicolette Accardi](#)



Reviewed by [Marlo Jappen Porto](#)

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Punching bags are a fun and reliable piece of workout gear for maintaining fitness, whether you're looking for a new way to stay in shape or are a seasoned boxer. Having an at-home punching bag makes it convenient to get in a boxing workout without a lot of fuss.

Available in many sizes, styles, and weight options, there are lots of models to choose from. To help narrow down the selection, we put in the research and spoke with a boxing studio owner and a boxing trainer for their advice and recommendations.

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Our Top Picks

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Best for Beginners: [Ringside Powerhide Soft-Filled Bag](#) »

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Best Freestanding: [Century Wavemaster »](#)[Jump to Review ↓](#)**Best for Small Spaces:** [Aqua Punching Bag »](#)[Jump to Review ↓](#)**Best for Heavyweight Training:** [Ringside Soft Filled Leather Bag »](#)[Jump to Review ↓](#)**Best Overall****Everlast Power Lock Retail Heavy Bag »****PROS:**

- ✓ Available in three weights
- ✓ Mixed materials promote shock absorption

CONS:

- ✗ Weight isn't adjustable
- ✗ Swings if not installed on the bottom

[Buy From Amazon](#)

 Durable construction

This punching bag by Everlast is a heavyweight bag that features three different sizing options: 80, 90, or 100 pounds. It uses sand, polyester, and cotton fibers as the fill – a combination of materials that promotes shock absorption. Plus, the bag’s PVC (polyvinyl chloride) exterior makes it a sturdy and long-lasting option.

The Power Lock Retail Heavy Bag is a favorite of John Snow, a trainer at Victory Boxing in New York City. “It is durable and has a ring on the bottom if you want or need to attach it to a weight to reduce swinging,” says Snow. The company, Everlast, recommends it to beginners and experienced boxers alike. A thick chain is included with the bag for easy installation.

Specs

List Price:	Starting at \$129.99 (80-lb. option)
Mounting Type:	Hanging
Weight:	80, 90, or 100 lbs.
Dimensions:	13 in. W x 40 H in. H

[Buy From Amazon »](#)

Best Budget

Everlast Nevatear Heavy Bag »

**PROS:**

- ✓ Budget-friendly price tag
- ✓ Durable construction
- ✓ Soft fill provides shock absorption

CONS:

- ✗ Weight isn't challenging enough for advanced boxers
- ✗ Not adjustable

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For less than \$100, this punching bag from Everlast brings a lot to the table for an affordable price. It has a synthetic leather exterior with reinforced webbing for long-lasting durability.

As for its interior, its fill features a mix of soft fibers to provide shock absorption. "Everlast tends to sell lighter and softer bags, and are cheap," says Mike Aaron, owner of Corner Coach Boxing in Metuchen, New Jersey.

This bag weighs 70 pounds, which is lighter than the other options on this list. While this weight isn't ideal for advanced boxers, it's still hefty enough for many users, including those who are new to boxing.

Heavy-duty nylon straps and a chain assembly are included with your purchase for a fuss-free installation process.

Specs

List Price:	\$99.99
Mounting Type:	Hanging
Weight:	70 lbs.
Dimensions:	11.5 in. W x 38 in. H

[Buy From Target »](#)

Best for Beginners

Ringside Powerhide Soft-Filled Bag »



PROS:

CONS:

comfort and shock
absorption

✗ Long chains

- ✓ Swivels
- ✓ Powerhide covering
adds durability

Buy From Amazon

Softer bags are best for beginners, says Aaron. This soft-filled punching bag by Ringside is lined with two-inch foam for shock absorption and reducing impact on joints.

Despite having a soft body, it’s considered a heavy bag at an ideal weight of 100 pounds. It stays sturdy with an attached D-ring hook, which also adds resistance for more challenging training. A bag chain is included that allows it to swivel. This Ringside model is covered with Powerhide, which is a durable material made to withstand rough punches and kicks.

Specs

List Price:	\$184.99
Mounting Type:	Hanging
Weight:	100 lb
Dimensions:	42 L in. x 14 W in.

Buy From Amazon »

Best Freestanding

Century Wavemaster »

**PROS:**

- ✓ Freestanding design means no installation required
- ✓ Seven adjustable heights
- ✓ Easy to clean

CONS:

- ✗ May be too heavy for some
- ✗ Base comes unfilled

[Buy From Amazon](#)

If you don't want to deal with the hassle of hanging up a punching bag, a freestanding model is the way to go, especially if you want to store it away when it's not in use. The base of the Century Wavemaster is notably sturdy when filled with sand or water, and can be adjusted to accommodate seven different heights from 47 inches to 68 inches. A heavyweight bag, this model can get up to 250 pounds when filled with water. It comes with a one-year warranty.

"You can't go wrong with Wavemasters because they own the market in standing bags that are quality," says Aaron. This unit is covered with strong

vinyl that can withstand wear and tear, while it can also be cleaned when necessary.

Specs

List Price:

\$199.99

Mounting Type:

Freestanding

Weight:

Up to 250 lbs.

Dimensions:

19.5 in W x 47 in. H

[Buy From Amazon »](#)

Best for Small Spaces

Aqua Punching Bag »



PROS:

CONS

to function as a freestanding or hanging model

separately

✗ You need to fill it with water

- ✓ Good for injury recovery
- ✓ Safe to use outdoors
- ✓ Suitable for beginners and advanced boxers alike

Buy From Amazon

If you’re short on space, you need a punching bag with a small footprint. The Aqua Punching Bag fits the bill. It comes compressed and you fill it up with water. Versatile in design, it works as either a freestanding or a hanging model. You’ll need a ceiling mount or a bag stand, both of which are sold separately.

These Aqua bags are ideal for both beginners and experienced boxers thanks to their softer composition. “They come in different sizes, but still hold weight for solid resistance,” says Aaron. Compared to traditional punching bags, these models are shaped like a teardrop. The brand says there are no hard spots, which makes it a great training tool for anyone experiencing injury. Waterproof and ultraviolet (UV)-resistant, the Aqua Punching bag is suitable for outdoor use.

Specs

List Price:	\$197
Mounting Type:	Freestanding or hanging
Weight:	120 lbs.
Dimensions:	18 in.

Buy From Amazon »

Best for Heavyweight Training

Ringside Soft Filled Leather Bag »



PROS:

- ✓ Can weigh up to 200 pounds
- ✓ Customizable weight
- ✓ Soft fill for less impact

CONS:

- ✗ Not ideal for beginners
- ✗ Need to add material to reach max weight

[Buy From Amazon](#)

This heavy bag from Ringside can weigh up to 200 pounds, making it ideal for heavyweight training. The large-size options make for a challenging workout with added resistance. "A heavy bag workout not only gives you a superior aerobic and anaerobic workout, it is an excellent way to relieve stress," says Snow.

The fill is made of soft shredded textile for a less impactful hitting surface. The weight is fully customizable and can easily be adjusted by unzipping it. It's important to note the bag is shipped under 150 pounds, so you'll need to add materials like sand or gravel to achieve the maximum weight you desire.

Specs

List Price:	Starting at \$279.99 (130-lb. bag)
Mounting Type:	Hanging
Weight:	100, 130, 150, or 200 lbs.
Dimensions:	16 in. W x 48 in. H

[Buy From Amazon »](#)

Bottom Line

You might think all punching bags are created equal, but there are small differences that make a big difference in your workout. We chose the Everlast Power Lock Retail Heavy Bag as our top pick for the best punching bag because it's available in three weights, giving users plenty of options. It's also durable, easy to install, and its mixed-fill construction provides users with adequate shock absorption.

Things To Consider When Buying Punching Bags

Freestanding vs. Hanging: A big difference between freestanding and hanging models is resistance. A hanging bag is tougher to train with, making it ideal for seasoned boxers, while freestanding models are softer with more weight in the base.

A hanging bag also requires adequate space and a supportive base. “It is important to check ceiling height, beam strength, and tolerance for noise when using a heavy bag,” says Snow. “If the bag is hung too low in relation to your height, you won’t be able to hit the bag properly. If the ceiling or beam is too high and the chain is too long, the bag will swing.”

Size and Adjustability: Size greatly depends on your individual needs. If you’re a seasoned fighter, you’re going to want more resistance, while a beginner needs more shock absorption.

Some punching bags have the option of adjusting the weight by adding more or less foam, sand, or water. “Size is important for specific areas that you want to target as a fighter,” says Aaron.

Weight and Materials: The heavier the weight, the more stable the punching bag will be. Aaron says 100-pound bags are ideal because they won’t swing as much. “Once the weight is over 70 pounds, it’s ideal for anyone to hit,” he says.

Overall, you should evaluate your [fitness](#) level as a boxer before choosing a punching bag. “Boxing is an intense workout – always check with your doctor first, especially if you have had previous shoulder injuries to your shoulders or back,” says Snow. “The key is to know the proper mechanics of throwing a punch.”

The materials used in a punching bag often influence the weight. “Material can range from cloth, sand, and water – water being the cheapest option,” says Aaron.

How We Chose the Best Punching Bags

For this piece, we consulted Mark Aaron, owner of [Corner Coach Boxing](#), and John Snow, a trainer at [Victory Boxing](#). We took their advice on which features to look out for, as well as their recommendations on models to buy. Additionally, we made sure to include bags that fit various budgets and fitness levels.

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Our contributors and editors have years of experience researching, testing, and reviewing products.

Nicolette Accardi, the author of this piece, has five years of product reviewing experience with one of her specialties being fitness content. Accardi has previously worked at VICE Media and NJ.com, and has contributed to Rolling Stone.

FAQ

What are the benefits of using a punching bag?

+

What's an ideal weight for a punching bag?

+

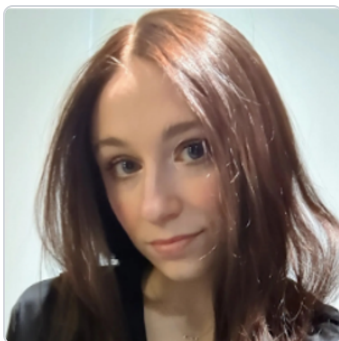
How do you hang a punching bag?

+

Do you need to wear gloves or wraps when hitting a punching bag?

+

About Our Team



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Nicolette Accardi is a freelance writer based in New York City. Previously, she was a full-time commerce writer for VICE Media, covering fitness, tech, style, TikTok trends, home appliances, and skincare. Additionally, Accardi's work has been featured in Rolling Stone.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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