

I'm not a bot

























Throw combinations of punches for 45 seconds at a time; work up to 5 rounds for 3 minutes each.Add squats, jumping jacks, and high knees, and push-ups into your routine.Alternate between arms when punching and move around the bag to burn calories.Focus on speed and technique; plant your feet shoulder-width apart and twist at the hips, keeping your body still to hit the bag.1Warm up with 5 minutes of cardio and stretching. Go for a light jog, jump rope, or do jumping jacks to help raise your heart rate so youre ready to work the punching bag. After doing some cardio, do some arm circles to loosen up your shoulders and forward bends to stretch out your back. Stretch your triceps and biceps as well so you dont hurt yourself while youre punching.[11]2Throw combinations of punches for at least 45 seconds before resting. You wont get an effective workout just randomly punching the bag. Instead, focus on throwing 1 or 2 types of punches during the round, such as jabs, hooks, and uppercuts. Keep your core engaged and keep your feet moving so you stay active and work your entire body. After 45 seconds, take a break for 1520 seconds. Some popular combinations you can try include:[21] jab with your left hand and 1 jab with your right.[3]2 jabs with your left hand and then 1 jab with your right hand.[4]1 jab followed by 1 uppercut.1 jab followed by 1 hook.[5] Advertisement 3Try out different combinations for 5 rounds. Change the types of punches you throw each round to add some variety to your workout. If you did only jabs in your first round, try adding in a hook or uppercut during the next one. After each round, take a short break before starting the next one. When you finish the 5th round, youve done a great workout.[6]As you get more comfortable, try doing combinations of 4 or 5 punches. For example, throw 1 left jab, 1 right uppercut, 1 left hook, and finish with 1 right jab.[7] Advertisement 11intersperse squats between boxing rounds to work legs and glutes. Rather than taking a short break when you finish your round of boxing, immediately transition into squats. Do as many squats as you can within 1 minute. After that, take a break for another minute before going into your next round.[8]Make the routine a little bit harder by throwing your combination followed by a squat. For example, you could jab twice, do 1 squat, and continue repeating that for the full 4560-second round.[9]2Keep your heart rate up with jumping jacks and high knees. After you finish up your punching combinations, transition into these great cardio exercises. Try to do as many as you can within 1 minute before going back to work the bag. Only rest when you feel the need to so your routine stays high-intensity and burns more calories.3Incorporate push-ups if you want to work your upper body more. Get into a plank position and perform 1 push-up. When you reach the top of the push-up, reach one arm out and punch the bag. Then, do another push-up but punch with your other arm. Continue alternating which arm you punch with for 1 minute or until you feel tired out.[10] Gunnar Peterson, Celebrity Personal Trainer You dont need lots of gym equipment to get an effective workout. "There's so much you can do with bodyweight alone. The basics always come up for a reason: sit-ups, planks, push-ups. They'll always give you results. The way to take it up a notch is to compound the basics to work multiple muscle groups at once." Advertisement Work up to 5 rounds that are around 3 minutes each. Working a bag can be tiring if you do it for too long, so try starting off with a 3-minute round throwing punches. If you cant go the full 3 minutes, go for as long as you can before getting tired. After you finish your round, rest for 30 seconds or 1 minute before starting your next rounds. After 5 rounds, youll have completed an intense 15-minute workout.[11]As you get more comfortable using a punching bag, try doing 4- or 5-minute rounds instead. 1Alternate which arms youre throwing punches with. If youre just starting off on a punching bag, just switch arms after each punch to improve your form and keep a consistent rhythm. Once you start feeling comfortable, try switching to combinations of 23 punches, such as left-right-left or right-left-left, to add some variation. Use a little more power on the last punch in combo to add some intensity to your workout.[12]When you throw a punch, keep your other hand up in front of or to the side of your face to maintain a defensive stance.Dont let your arm drop down after you land your last punch. Always bring it back up in front of your face as if you were defending against another person.2Move around the bag in between your punches. While you should keep your feet planted while youre throwing punches, stay light on your feet after your last hit. Try moving in the same direction as the arm you last punched with, so youd move left if you landed a punch with your left hand. Keep shuffling around the bag throughout your entire workout so can practice punching from new angles.[13]If the bag swings back toward you, practice taking steps back or to the side so you maintain the same distance from it. Advertisement Take at least 1 day to rest in between bag workouts. Your muscles need time to rest and recover so you dont damage them. After you do a workout on a punching bag, take a day to rest or do some lighter activities, such as jogging or running. You can even work a different muscle group, such as your chest or back, on your rest days so you dont overwork your arms or legs. 1Use hand wraps and gloves to prevent injuries if youre a beginner. Punching bags are a lot heavier and denser than you think, and you can seriously hurt your hands and wrists if you arent careful. Wind some hand wraps around your wrists and between your fingers to stabilize them. Then put on a pair of boxing gloves that fit you well for additional padding.[14]Punching a bag without gloves could bruise your knuckles and cause skin tears, and you may have to wait a few weeks before you can safely workout on a bag again.2You can throw less powerful punches without gloves to improve form. If you have a little more experience on the bag, its a little easier to control how hard you hit it without gloves.[15]As you throw a punch, focus on your accuracy and pull your fist back as soon as you hit the bag so you dont hurt yourself. Practicing without gloves can also help strengthen your knuckles, forearms, and wrists. Advertisement 1Plant your feet shoulder-width apart so theyre at an angle. Turn your body at an angle so your front shoulder points toward the bag. Point your toes on the foot closest to the bag so theyre at a 45-degree angle to the punching bag. Position your foot furthest from the bag so theyre turned to the side. Line up the toes on your front foot with the heel of your back foot. Keep your knees bent and your weight on the balls of your feet.[16]Foot placement is important since it gives you more punching power and helps you stay balanced while youre boxing.EXPERT TIP Derrek Hofrichter Self-Defense Specialist Derrek Hofrichter is a Self-Defense Specialist and the Founder of EVKM Self Defense & Fitness in Tempe, Arizona. Derrek specializes in Krav Maga, Personal Safety, and Boxing. Derrek is a Krav Maga Third Degree Black Belt, a Senior Certified Krav Maga Instructor, and a Krav Maga Alliance Executive Board, and Training Team Member. EVKM Self Defense & Fitness was named the 2014 Krav Maga Alliance School of the Year and the 2017 Best Gym/Workout Studio in Phoenix. Derrek was named as one of the top 30 Health and Fitness Leaders in Arizona under the age of 40 by The Arizona Republic and azcentral.com in 2018. He also holds a BA in Government Public Policy from Patrick Henry College. Practice positioning yourself in a boxing stance. Step back with your dominant foot and take a slight step forward with your non-dominant side. Angle your feet slightly inward at a 45-degree angle. Pull your hands up, with your elbows near your ribs and your hands near your face.2Twist at the hips and straighten your arm. Press your weight down into the balls of your feet and start turning your hips toward the bag. Start with your knuckles pointing up and start extending your arm straight out. As youre reaching your arm out, turn your fist so your knuckles point toward the bag.[17]Try practicing the movement slow when youre first starting off so you maintain proper form.3Keep your body still when you hit the bag. If you move your head backwards each time you punch the bag, you arent getting as much power as you could. Stand far enough away from the bag so your arm is almost fully outstretched when you land a punch. Maintain your balance and try to push the bag away from you without moving backward.[18]If youre consistently having trouble moving back as you punch, try switching to a lighter bag.It might be hard to notice if youre moving backward if youre working out on your own. Ask a partner or a trainer to watch your form to see if youre hitting the bag correctly. Advertisement 1Plant your non-dominant leg as a pivot point. Your non-dominant foot is usually on the opposite side of your body as the hand you use to write. Stand just out of reach from the bag and turn your body so your non-dominant foot is in front. Keep your leg straight and turn your foot so it points away from the bag.[19]For example, if youre right-handed, keep your left leg in front.2Turn your entire body to add power to your kick. Most of your kicking power actually comes from the rest of your body instead of your legs. Push your weight off of your dominant foot so youre supporting yourself with your non-dominant leg. Twist your upper body and hips toward the bag and raise your back leg up to start your kick.[20]Start practicing your kicks slowly so you can work on your form and balance.3Hit the bag with your shin instead of your foot. Punching bags can be a little heavier on the bottom, so you could break the bones in your foot. Instead, try to land your kick with the middle of your shinbone since its a lot stronger. Follow through with your kick so you hit with all of your power.[21]Throw in some kicks in between punches while youre working the bag.Try kicking the bag at different heights to add some variation to your workout.It still might hurt a bit even when you hit the bag with your shin. If youre in pain, start with some lighter kicks and work up your tolerance. Advertisement Focus on your speed and technique instead of power. Using all of your strength during a punch can make your form sloppy, slow you down, and tire you out faster. Rather than using 100% of your power, work on landing lighter jabs that are faster and maintaining the proper form.[22]Even though the bag should move a little bit after each punch, you shouldnt try to make it swing wildly. Yes you can since training on a bag tones your body and builds muscle. Working a punching bag for an hour can burn 450 calories, so its a great cardio workout to help you burn fat. Try working with heavier bags since they have more resistance and use up more of your energy.Incorporate other cardio exercises into your workout routine to help you lose weight even faster. Advertisement Ask a Question Advertisement Thanks Thanks Advertisement Thanks Advertisement This article was co-authored by Asher Smiley and by wikiHow staff writer, Hunter Rising. Asher Smiley is the Owner and Lead Instructor at Krav Maga Revolution in Petaluma, California. Asher has earned a Tier 1 Instructor Certification in the American Krav Maga system. In 2017, he trained with the International Kapap Federation Combat Krav Maga International, completing their 7 day tactical seminar and the 8 day CKMI instructor course. This article has been viewed 754,527 times. Co-authors: 53 Updated: April 16, 2025 Views:754,527 Categories: Featured Articles | Martial Arts PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 754,527 times. "Journeying through martial arts for the last year with Kalaripayattu and now boxing. Both made me realise the importance of strong core and agility. I wanted some specifics on building strength in my arms which I got from this article. Thanks hopefully..." more Share your story Type of exercise equipmentFor the album by Josh Turner, see Punching Bag (album).A mixed martial arts fighter "working his hands" on a heavy bagA punching bag (or British English punchbag) is a sturdy bag designed to be repeatedly punched. A punching bag is usually cylindrical and filled with various materials of suitable hardness.An 1892 advertisement for The Lively Sparring Bag[1]Punching bags have been used in martial arts and swordplay for the entire written history of military training.[2] Similar apparatus in Asian martial arts include the Okinawan makiwara and the Chinese mook jong, which may have padded striking surfaces attached to them.[3]In martial arts and combat sportssuch as karate, taekwondo, and Muay Thai"heavy" bags, standing bags, and similar apparatuses have been adapted for practicing kicking and other striking maneuvers in addition to developing punching technique.[3]Punching bags are often filled with grains, sand, rags, or other material, and are usually hung from the ceiling or affixed to a stand.[4] Other bags have an internal bladder to allow them to be filled with air or water. The design of a punching bag allows it to take repeated and constant physical abuse without breaking. The bag must also absorb the impact of blows without causing harm to the user.There are different types of punching bags, with different names based on their size, use and mounting method. Almost all punching bags are covered with either leather or synthetic materials such as vinyl which resist abrasion and mildew. Canvas can also be used as a bag material where there is lower use and humidity.Woman working out with a speed bag (AKA, speedball)Gus Keller, 1903Speed bags or speedballs are small, air-filled bags anchored at the top to a rebound platform parallel to the ground. Speed bags help a fighter learn to keep their hands up, improve hand-eye coordination, and learn to shift weight between feet when punching. They are also known as speedballs or speed ball bags. They are generally filled with air and fitted around a tight PU-based or leather material. They come in various sizes, ranging from the large 13in 10in (33cm 25cm) and 12in 9in (30cm 23cm), midsize 11in 8in (28cm 20cm), 10in 7in (25cm 18cm) and 9in 6in (23cm 15cm), to the small 8in 5in (20cm 13cm), 7in 4in (18cm 10cm) and 6in 4in (15cm 10cm). Generally the larger the bag, the slower it is and the more force is required to keep it going. Large bags are used more for building strength and endurance, while smaller bags allow the training athlete to focus on faster hand speed, timing and coordination. Beginners might view this bag more as a "control bag", not a speed bag, for they will not be able to punch both quickly and repetitively until they gain control over their swinging force and speed.A boxer normally hits the speed bag from the front with his or her fists, but it is also possible to use fists and elbows to hit the bag from all around it, including the front, back and sides. In this method the user may perform many diverse punching combinations that create improvised rhythmic accents.Although speed bags are normally hung vertically, recently the additional method of hanging a bag horizontally on a wall has regained popularity. This was very popular during the early twentieth century, specifically the 1920s1940s era. The same punching skills may be used on the horizontal bag that are used when it hangs vertically. A coordination bag is a new(when?) type of speed bag that moves unpredictably rather than rhythmically. Additionally, due to the tedious mounting and anchoring necessary when installing a traditional speed bag platform, a portable speed bag platform that installs in a doorway has been created. Designed so that downward pressure stabilizes this portable speed bag platform, it can be installed and removed through a tension system that allows for use in any doorway.Swerve balls/floor-to-ceiling balls/double-end bags are almost the same as speed bags, with the only differences being that the bag's size, shape and material may be different, and that the cable system is attached to both the ceiling and a clip on the floor when the boxer makes any strike on the ball, it reacts by swinging fast towards them, the object being to swerve, punch, dodge and improve co-ordination. The harder and faster these bags are hit, the more they rebound and react in different motions and angles, thus giving broader practice to the fighter. Double-floor to ceiling balls which allow for training body-head combinations also exist.[2][3]Maize bags or slip bags are not punched with great force, but are used in boxing training to improve the athlete's head motion and ability to evade an opponent's punch, their name deriving from the fact that traditionally they are filled with maize.A heavy bag is a larger, cylindrical bag, usually suspended by chains or ropes and used for practicing powerful body punches, and can be used to toughen hands or any other limb used to hit the bag.[2][3] Heavy bags are for developing power; technique is best learned on the punch mitts or pads. Some variants of heavy bag are a Banana Bag used in Muay Thai, which is longer than a regular heavy bag and is used to train low kicks and knee strikes, and a slim line bag that is thinner than a heavy bag.[5]Freestanding heavy bags are heavy bags mounted on a weighted pedestal rather than being hung from above. The base is typically filled with sand or water to give more stability to the bag and prevent it from moving around. While they serve the same purpose as hanging heavy bags, they can also be toppled over and used for ground-and-pound practice.[6] Other variations on the standard heavy bag include horizontal suspension from both ends to practice uppercut punches, and non-cylindrical shapes. Freestanding reflex bags (freestanding speed bags) also exist.Uppercut bags began to appear towards the beginning of the 21st century. With so many different variations of bags and training equipment for boxing taking off, the uppercut bag was and is still a common sight in clubs and gyms.Designed for uppercut practice, jabbing, curl punching and quick bursts of high and low punching practice, it allows the fighter to punch at different lengths, different speeds and different forces compared to the standard average 4-foot straight PU (polyurethane) punching bags. Some types of uppercut bags: An angle bag is a variant of uppercut bag used for training hooks and uppercuts; an uppercut horizontal punching bag, teardrop bag, body snatcher/wrecking ball bag or bowling pin bag are used for training knees and uppercuts.A wall bag is a type of bag that is attached to a wall and can be used for training hooks and uppercuts.A "body opponent bag" on a pedestal mountBody-shaped training aids such as the modern "body opponent bag" are made primarily of synthetic materials, and punching bags are sometimes mounted on a weighted pedestal rather than hanging from above. These bags try to simulate a live opponent while providing an opportunity to practice vital area strikes which are generally unsafe to perform on a sparring partner. These are not considered punching bags in the strict sense, but modern versions of apparatus such as the wooden man apparatus of Chinese Wing Chun, the medieval quintain, and target dummies used in modern bayonet training. Large inflatable balloons with weighted bases are another kind of punching bag, often painted with a picture and sold as a children's toy.This section contains instructions, advice, or how-to content. Please help rewrite the content so that it is more encyclopedic or move it to Wikiversity, Wikibooks, or Wikivoyage. (July 2012)Heavy bags are typically filled with dense material which have little "give" (e.g., packed sand, grains, etc.); in order to avoid injury, hand protection (boxing gloves, bag gloves, training gloves, hand wraps, etc.) is used during practice.Powerful strikes to the heavy bag are not recommended for inexperienced, or younger athletes (