



MMA Grappling Dummy & Heavy Bag

Contact: David Dunk

Email: d.dunk@comcast.net

<https://wa-king.countybuyselltrade.com/index.php?page=item&id=31269>



Address:

Woodside Neighborhood, Fairwood, Renton

Price:

Check with seller

100 lb. 68" tall practice dummy from TITLE MMA with arms & legs in excellent condition. "Take your MMA, boxing and kickboxing training to the highest level with the most intense, realistic action ever. Now you can perform life-like throwing techniques, grappling moves, ground-and-pound training, submissions, chokes and stand up heavy bag workouts..all with one professional dummy. The dummy is designed for full 360 degree maneuverability around the body for strikes, punches, kicks, throws, knees, elbows and more with or without the arms. Perfect slipping and moving, and "real opponent action" while working out on the arms extended side. Practice unobstructed offensive attacks on the opposite side. Super strength triple-ply synthetic leather cover looks and lasts like real leather, at half the cost. An unbelievable training and workout addition to every fighting sports athlete." Can hang by chain and may also tie down the legs when using as a heavy bag option.



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