

ACTION BAGS

The HeroStrength® “Action” Bag is a user-friendly strength training tool that delivers cardio and metabolic results. Ideal for Compound Lifts and Strength Training – such as lunges, squats, rows, presses and for use in a functional circuit.

Exterior: composed of soft synthetic leather with multiple handles for increased functional exercise options.

Interior: soft mix of cotton and sand prevents any risk of injury and introduces safe lifting technique training.

- 5 handles total!
- 2 perpendicular to the bag
- 2 parallel to the bag
- 1 on the end
- Compact Uniform Sizes: 22.8” x 8.6” x 8.6” inches
- Warranty: 1 year

