

# FITNESS BULGARIAN BAG.



Inspired by wrestling techniques, devoured by fitness freaks.

The Bulgarian Bag is a unique functional tool developed to improve explosive actions and dynamic tri-planar movement patterns. The wide weight range and varied programming means the Bulgarian Bag is suitable for users of all abilities.

## TECHNICAL INFORMATION.

**Warranty:**  
1 year.

**Country of origin:**  
Bulgaria.

**Materials:**

PVC cover over a synthetic filling, with nylon straps.



## CLUB BENEFITS.

- Easy clean and hygienic so perfect for busy studios.
- Unlike anything else: totally unique to the market.
- Offer a new unique tool for Group X training classes.

## PT BENEFITS.

- Great portable tool for PTs on the move.
- Effective at targeting the posterior chain.
- Great for training rotation/transverse plane.

## USER BENEFITS.

- Total body workout tool with four different weights, allowing you to progress at a pace that suits you.
- Challenging alternative to the powerbag.



Two looped nylon straps sewn onto the bag are used for a multitude of upper body movements.



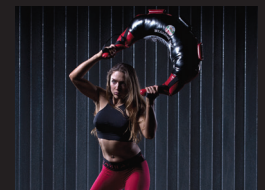
Three exterior handles sit on top of the bag for grip strength training and additional workout options.



Bright, Eye-catching colours to make weight selection easy and engage beginners.



Extra tough synthetic leather with a vinyl coating makes them easy to clean and comfortable to use.



Great for developing grip strength, stability and muscular endurance.

## WHY CHOOSE A FITNESS BULGARIAN BAG?

Ivan Ivanov invented the Bulgarian Bag in 2005. A former Bulgarian Greco-Roman Olympic athlete, he was working as a US Olympic Greco-Roman wrestling coach and was looking for a training tool that would allow his wrestlers to improve explosive actions and dynamic movements involved in pushing, twisting, swinging, pulling, bending, rotating, squatting, lunging, and throwing.

Ivanov was inspired by the tradition of shepherds performing strength acts with sheep and goats at street fairs in his native Bulgaria. The Bulgarian Bag was created as a modern interpretation of the old tradition.

## STORAGE.



LF25RACK

