

Body Bag



Body Bag Benefits:

- A Warm-up Activity
- Cardiovascular Training
- Upper Body Workout

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on the "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising and contact your physician. Alert gym staff if assistance is needed.

Use of the Body Bag:

- 1. Check-out gloves to protect hands**
 - Gloves are a protective barrier to prevent body fluids from being shared between users
- 2. Upper body warm-up occurs with punching the bag**
 - Begin punching motion gradually to allow the body to adjust to movement
 - Intensity can be increased to an aerobic level with continuous and more rapid punching
- 3. Total body warm-up occurs with punching the bag and a "dancing movement" of the feet**
 - Intensity can be increased to an aerobic level with continuous movement and more rapid punching and dancing
- 4. Decrease activity level to cool-down the body to recovery level or move to another aerobic activity**