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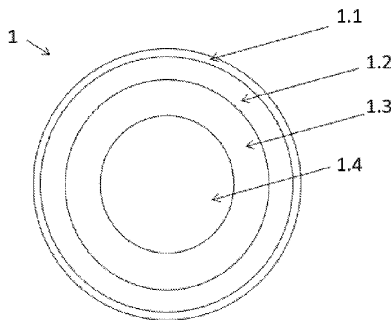


Figure 1

(57) Abstract: A PUNCHING BAG The present application describes a punching bag (1) comprised by a multi-material and multi-layer structure, that provides a combination of materials that allow to achieve a consistency similar to a human body, creating a very realistic training experience. The punching bag comprises a body having an outer synthetic leather surface (1.1), the body being formed by a two-layered foam structure (1.2, 1.3), each layer having a different density, and by a core part constituted by a bladder structure (1.4) comprised by at least one bladder, wherein said bladder is a container for liquid storage.

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