

Hit a Punching Bag for Fitness

Would you like a sport that gets you respect and complements most team sports and activities that stress primarily your legs, such as running, cycling, skiing, skating or dancing? Try hitting a punching bag. You can buy an inexpensive punching bag at most sporting goods stores. They are supported by special floor stands or are hung from a frame that attaches to your wall or ceiling. Any vigorous exercise injures muscle fibers. That's why you feel sore on the day after you have had a good workout. Exercising when your muscles are sore increases your chances of injuring them, and waiting until the soreness disappears reduces your chances of injury. Cross training means that you alternate sports on successive days to stress different muscle groups. Cross training prevents injuries by allowing your muscles at least 48 hours to recover. Hitting a punching bag is an excellent upper body exercise that you can alternate with any lower body exercise. A punching bag also helps to improve your coordination. When you hit the bag, it bounces backward and rebounds toward you. Try to hit the bag at the exact time that it comes towards you. If you hit it too early or late, it will not bounce rhythmically and you will miss it. Start out by hitting the bag lightly every other day until your arms feel heavy or sore, or you feel tired. Then gradually increase the time and intensity of your punching sessions.

About the Author

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