



PYTHON BAG SETUP GUIDE

Mounting Options

1) Rafter Mount | 2) Ceiling Mount | 3) Wall Mount | 4) Stand | 5) Squat Cage or Pullup Station | 6) DIY

– Lots of durable and affordable options on Amazon for \$20-50 for 1-3, and stands for ~\$100

Hardware

Ideally, use a punching bag spring attached to your anchor point first, followed by a 360-degree swivel, followed by your bag's D-rings. Either attaching them all directly, or with carabiners.

- **IF your anchor point IS a 360 swivel:** The spring comes second, followed by the bag's D-rings.
- **IF you don't have height for both & don't anchor the bottom:** The swivel is most important.
- **IF you don't have height for both & DO anchor the bottom:** The spring is most important.
- **IF you only have a spring:** That's way better than nothing and will absorb a ton of shock.
- **IF you don't have room for either:** Just connect your bag directly to the anchor.

Fill Choice

While there are lots of options out there, we suggest **Rubber Mulch** for a “pro” bag. It ends up 65 lbs and with the dense feel of hitting muscle. Safe on the joints due to rubber's rebound, super affordable and available at most Home Depots, or online. Make sure to get nuggets (typically ¾” gauge) that are often used for playgrounds. These are the perfect size and have any metal wire from the recycled tires removed for safety.

If you want a “**Soft Fill**” option that feels more like hitting pads, we suggest **Shredded Fabric**, which you can buy in bulk online or make yourself by cutting up old clothes (removing all zippers and buttons etc.). This creates a bag that's around 35 lbs and is super versatile – great for beginners, kids, and vets alike.

Filling Guide

MULCH: (you can watch a step-by-step video at: https://www.youtube.com/@python_precision/playlists)

1. **Fill** each liner bag loosely with mulch and tie off.
2. **Squeeze** the bottom of a liner bag, place it just inside the top of the outer shell bag.
3. **Lift** the shell bag up and down until the liner bag slides all the way down.
4. **Tamp** down the liner bag 20 times working in a circle using a baseball bat or broom.
5. **Tap** all around the outside of the bag starting from low to high, on all four sides with your bat/broom.
6. **Repeat** with the next liner until all liners are in place, noting the last liner may only need to be half full to reach the top of the bag.
7. **Zip** up the full bag carefully.
8. **Top Off:** Over the course of a week of training the fill will continue to settle. This is normal; keep adding in more fill to the top bag each day and by week 2 your bag will be fully stable and consistent.

FABRIC:

1. **Add** 1-2 pounds of fill directly into the bottom of your bag (without using the liners) using a scoop, bucket, bowl or bare hands.
2. **Tamp** down the load of fill 20 times, working in a circle with a baseball bat or broom.
3. **Tap** all around the outside of the bag starting from low to high, on all four sides with your bat/broom.
4. **Repeat** until the entire bag is densely packed.
5. **Zip** up the full bag carefully.
6. **Top Off:** Over the course of a week of training the fill will continue to settle. This is normal; keep adding in more fill to the top each day and by week 2 your bag will be fully stable and consistent.

Anchoring

Every Python Bag includes a bottom anchor point and bungee to control swing. Connect one end of the bungee to the bag's bottom D-Ring, then wrap the other end around some weights. If you want even less swing, wrap the bottom end of the bungee all the way around your weights and back up to attach to the D-Ring on the bag to essentially “double anchor” the bag.

*Between sessions it's best to remove the bungees so that there isn't constant tension on the bag and mount when you're not using it.

Maintenance

Wipe down your bag with a towel after each session. Periodically check your straps for any fraying and hardware for wear as a safety precaution. If not in use for an extended period of time, unmount your bag and store it vertically.

~ If you have any questions, feel free to reach out to hello@pythonbags.com or send a message at pythonbags.com/contact

We're here for you, welcome to the movement.

PYTHON PRECISION TEAM