

EVERLAST



Congratulations! You have just purchased the EVERLAST H2O Water Filled Heavy Punching Bag. Please read over the directions carefully prior to assembly.

IT IS STRONGLY RECOMMENDED THAT WELL PADDED BAG GLOVES ARE WORN WHEN USING THE H2O BAG

Contents:

- 1 - EVERLAST Durable Nevatear® outer bag
- 4 - Pieces inner foam (3 circular pieces, 1 rectangular piece)
- 1 - EVERLAST PVC 80 lb. bladder™
- 1 - Set hanging linked chains
- 1 - Piece of tape

Instructions for Assembly of Everlast Hanging Punching Bag:

1. Remove all pieces from box
2. Remove bladder and outer bag from box and unfold



3. Insert one large circular foam piece at bottom of bag.



4. Insert second small foam disk into bottom of bag in center for additional support.



5. Roll rectangular foam so that the two ends of the foam meet, securely tape both ends together. Once foam seam is taped, roll the foam in half to easily insert the foam into the bag.



6. Insert water bladder with valve facing up. Foam sheet will surround water bladder.



7. Add water with hose to desired weight. Do not fill beyond 80lb. water line.



8. Make sure valve is securely tight



9. Place large round foam disc on top of bladder.



10. Straighten top of outer bag to make zipping easier. Zip closed.



11. Attach 4 chains and hang as desired.

WARNING:

Boxing is an invigorating and strenuous exercise. Before starting any workout routine consult with your physician. Boxing, by its very nature, contains an element of risk of injury for which the user of Everlast Boxing Equipment must be responsible. Make sure that the equipment has been inspected by you and that it is fit for the use intended. Please do not allow children to use equipment without adult supervision. It is strongly recommended that bag gloves are worn when using the H20 bag.

If using outdoors, water freezes as 32 degrees Fahrenheit/0 degree Celsius. Be sure not to hang near a heat source (gas or electric heaters or other similar sources of heat). When hanging, make sure ceiling can properly support Everlast Hanging Punching Bag. Do not use this product for other than its intended use. Read and follow all instructions that are provided with the product.

Questions:

Visit www.everlast.com for customer guidance, heavybag training tips, and additional Everlast products.

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