



2262 EVERFLEX CARDIO STRIKE BAG



ATTENTION:

YOU MUST FILL AIR CHAMBER TO 75% CAPACITY BEFORE INSERTING SUPPORT POLE (SEE STEP 5 & 6 INSIDE). DO NOT ATTACH SUPPORT POLE TO PLASTIC BASE BEFORE INSERTING INTO AIR CHAMBER. PLEASE READ ALL INSTRUCTIONS CAREFULLY. TALCUM POWDER IS NORMAL AND NOT HARMFUL IT IS USED TO MAKE POLE INSERTION EASIER.

G R E A T N E S S I S W I T H I N [™]

For Consumer Use Only

Everlast Worldwide, 1900 Hwy DD, Moberly, MO 65270
Customer Service 800.821.7930

092412



2262 CARDIO STRIKE BAG OWNER'S MANUAL

CONGRATULATIONS! YOU HAVE JUST PURCHASED THE EVERLAST CARDIO STRIKE BAG.
PLEASE READ OVER THE INSTRUCTIONS CAREFULLY PRIOR TO ASSEMBLY.

Prior to Assembly:

These instructions cover all 2262 models, for example 2262B, 2262W, etc.

It is important that you follow the instructions carefully.

Place the Cardio Strike Bag at your desired location.

Remove all components from the box, and make sure all the parts are present.

All tools required for assembly are included, one Allen Wrench and a Foot Pump with hose.

Find a spacious area for assembly and use. We recommend an area at least 6ft. x 6ft.

Everlast Training gloves and handwraps need to be worn when using the Bag to ensure safety. Fight sports are contact sports. Any contact sport can be dangerous and result in serious injury. When training, be sure you are in good physical condition and under expert supervision. This equipment will provide limited protection but will not protect you against serious injury. Anyone using this equipment must assume the risk of any injury.

Tighten the assembly bolts by hand until all are in place, and then tighten the bolts with a wrench when assembly is completed.

Be sure that all bolts are aligned properly before tightening them. When installation is complete, make sure all parts are snug and that the bag is properly erected and ready for use.

WARNING: Failure to follow instructions herein may cause serious injury. Boxing is an invigorating yet strenuous activity. Before starting any workout routine, consult your physician.

Before each use, please inspect to make sure that the bag is in good working order, the air chamber is fully inflated and that all bolts are tightened.

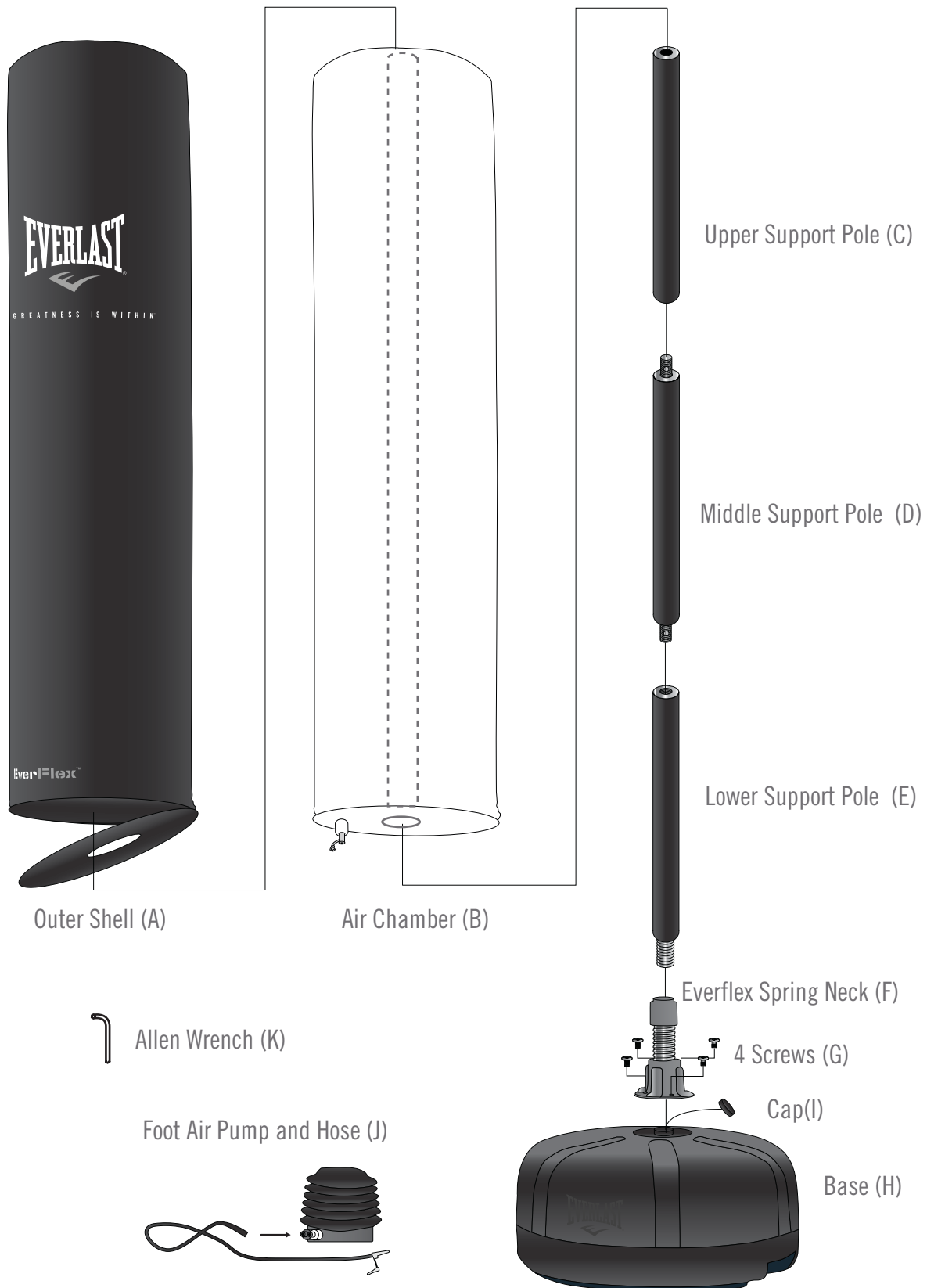
As with any sport, the participant is subject to a certain amount of risk. Cardio exercise, by its very nature, contains an element of risk of injury for which the user must be responsible.

The Everlast Cardio Strike Bag is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the bag to use it, instruct them on the basics. The user must accept full responsibility for the safe and proper assembly and use of all equipment.

If at any time you find any part is worn or defective, cease use of the bag and contact Everlast to provide you with any necessary replacement parts for a nominal fee.

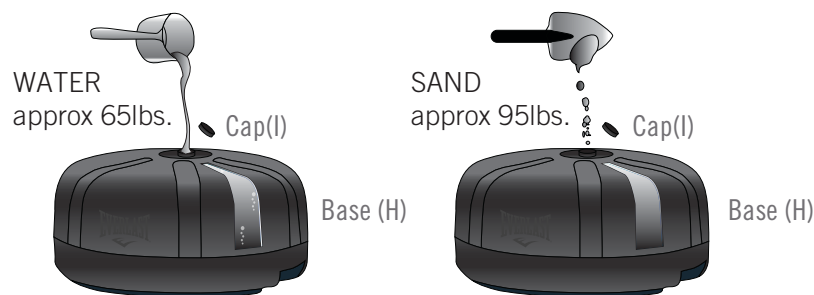
If there are problems, questions or missing parts. DO NOT RETURN TO THE STORE, instead please call 1800 821 7930 for prompt attention from a customer support specialist.

2262 EVERFLEX CARDIO STRIKE BAG EXPLODED DRAWING/PARTS LIST

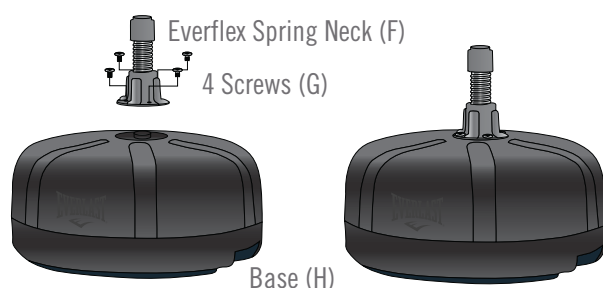


G R E A T N E S S I S W I T H I N™

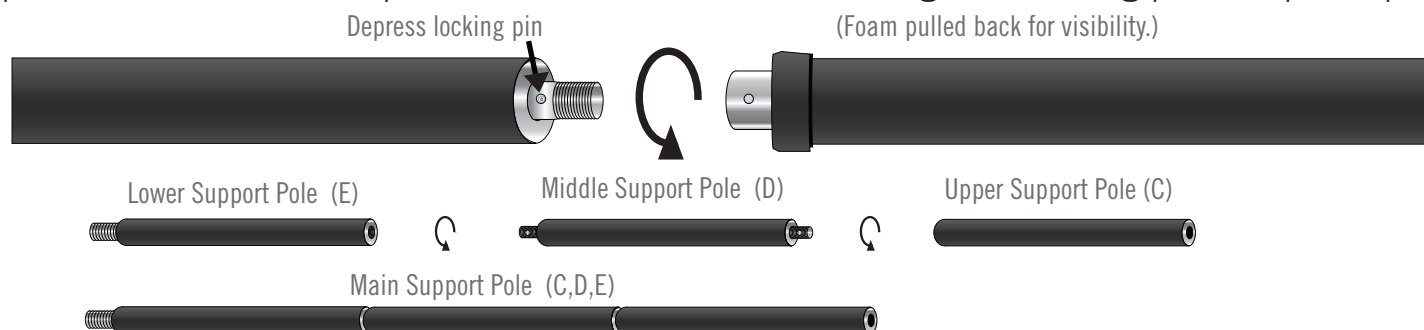
STEP 1: Remove cap (I) and fill base (H) with either sand or water. Replace cap (I) and secure tightly.



STEP 2: Using the four Screws (G) and Included Allen Wrench (K) provided, attach the Everflex Spring Neck (F) to the base.

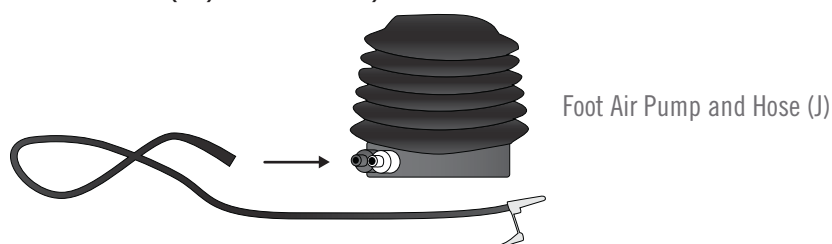


Step 3: Assemble the main support pole by screwing all three support poles (C, D, and E) together. Depress locking pins on both ends of the Middle support pole (D) to ensure the pins slide into the other poles (C and E). Continue screwing until locking pins snap into place.



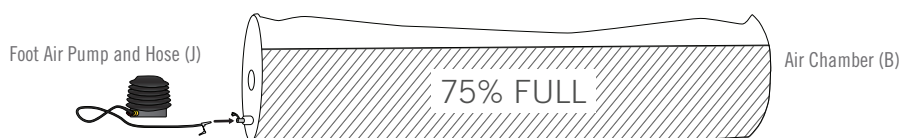
ATTENTION: DO NOT ATTACH MAIN SUPPORT POLE TO PLASTIC BASE AT THIS POINT. YOU MUST FIRST INSERT MAIN SUPPORT POLE INTO A 75% FULL AIR CHAMBER. (SEE STEPS 5 & 6)

Step 4: Attach the pump hose firmly around the yellow pump nozzle for inflation. (In the event you need to deflate your Everlast Cardio Strike Bag, open and pinch the Air Chamber (B) air valve.)



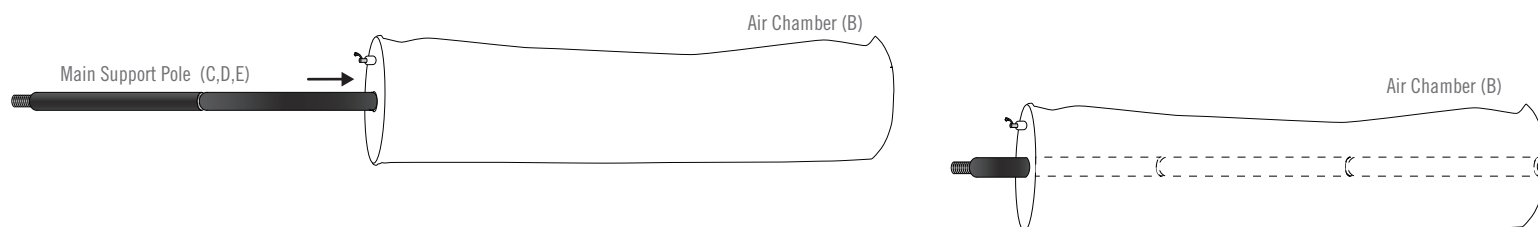
ATTENTION: YOU MUST FILL AIR CHAMBER TO 75% CAPACITY BEFORE INSERTING SUPPORT POLE (SEE STEP 5 & 6).

STEP 5: As shown below the Air Chamber (B) should be completely unrolled. Using the provided foot pump inflate the Blue Air Chamber (B) until it is approximately 75% full of air.

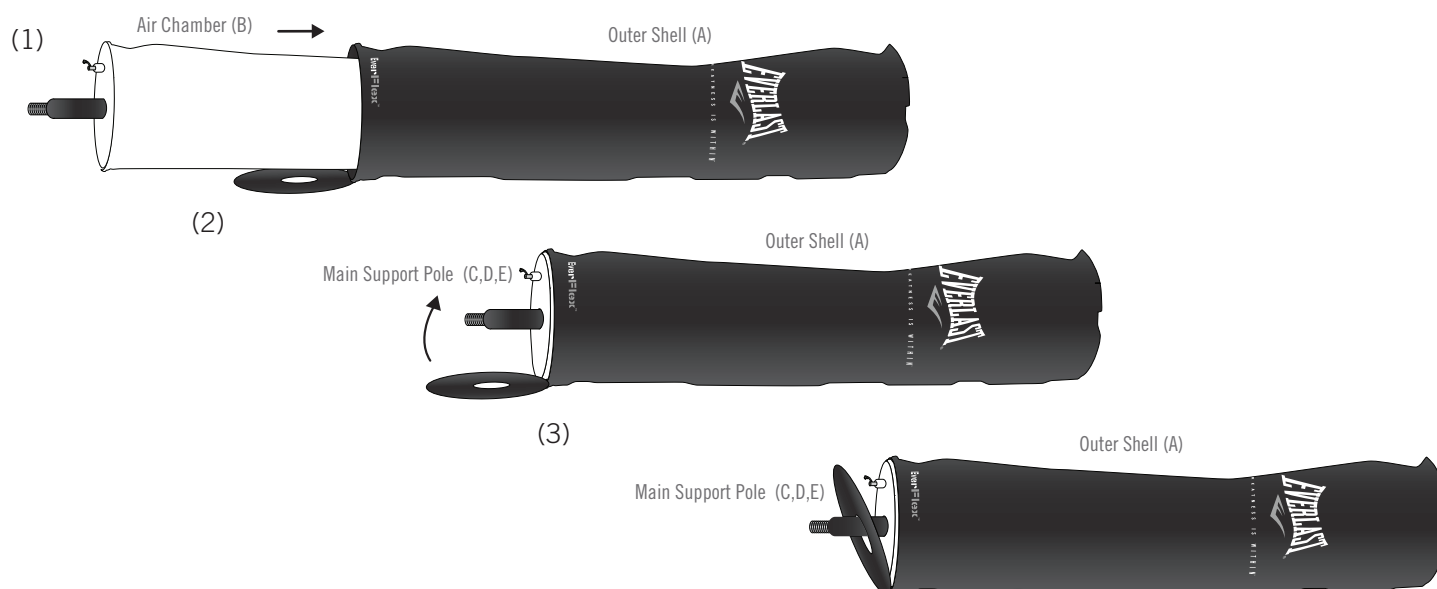


STEP 6: Now slide the main support pole (C, D, and E) into the bottom of Air Chamber (B). It should go in easily with a few slight adjustments. If you are having trouble inserting the pole try adjusting the amount of air in the chamber, If you have too much air it can make the center opening too small for the beam; If you have too little air inside there may be wrinkles or folds inside the chamber causing the pole to catch. Please insure that the pole goes all the way through, by feeling for the end of the pole at the top of the chamber.

TALCUM POWDER IS NORMAL AND NOT HARMFUL, IT IS USED TO MAKE POLE INSERTION EASIER.



STEP 7: Now cover the Chamber (B) with the Outer Shell (A). It may help to raise the Air Chamber (B) up vertically and pull the Outer Shell (A) down around the Air Chamber (B). Position the inflation nozzle opposite the where the bottom flap of the Outer Shell (A) attaches to make it easier to inflate fully later. Finally pull the bottom flap over the end of the support pole but DO NOT CLOSE ZIPPER.



Assembly For Everflex Cardio Strike Bag
Model #2262

STEP 8: Tightly screw the bottom of the Support Pole (C,D, and E) into the top of the Everflex Spring Neck (F).



STEP 9: Reattach the Air Pump to the inflation nozzle on the Blue Air Chamber (B). Continue to inflate the bag until it is 100% full. The Outer Shell (A) should be tight with no wrinkles and you should not be able to pinch any fabric at the midpoint of the bag. The Blue Air Chamber (B) may feel full, however if the Outer Shell (A) is not tight then continue to inflate until completely full. For best results, PLEASE ENSURE BAG IS FULLY-INFLATED BEFORE USE.



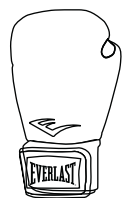
STEP 10: Once your Cardio Strike Bag is fully inflated, detach the Air Pump, close the inflation nozzle of the Blue Air Chamber (B) and press the nozzle into the bag so it is flush with the rest of the Chamber. Zip the Outer Shell (A) closed and then retighten all screws and attachments.



RECOMMENDED ITEMS:



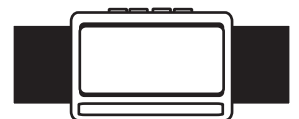
Everlast Handwraps



Pro Style
Training Gloves



Everlast Handwraps



Personal
Round Timer

*not included

GO TO EVERLAST.COM FOR A FREE EVERFLEX CARDIO STRIKE BAG WORKOUT!