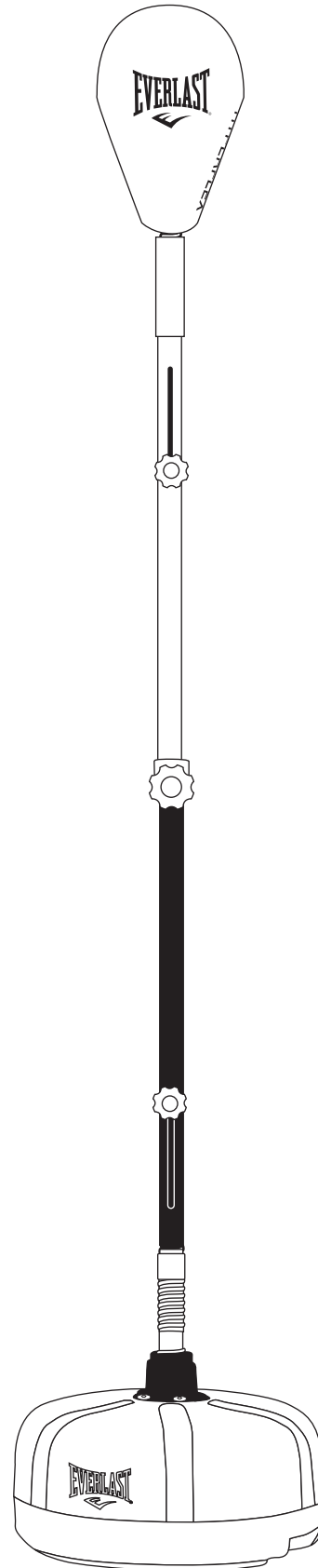




# 2264G HYPERFLEX™ STRIKE BAG

## OWNER'S MANUAL



**ATTENTION:** Do not operate with both springs fully locked or unit may be damaged. Each spring lock needs to be at the top or bottom position. Do not lock in middle or unit may be damaged. Do not operate otherwise or unit may be damaged. Do not unscrew and remove the lock knobs.

Warning! This Product is sold for use in high risk activities, before using this product, read all inclosed information. Read entire manual before assembling or using this product. Retain this manual for future reference.

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



# 2264G HYPERFLEX™ STRIKE BAG OWNER'S MANUAL

CONGRATULATIONS! YOU HAVE JUST PURCHASED THE EVERLAST HYPERFLEX™ STRIKE BAG.  
PLEASE READ OVER THE INSTRUCTIONS CAREFULLY PRIOR TO ASSEMBLY AND USE.

Prior to Assembly:

It is important that you follow the instructions carefully.

Place the Everlast Hyperflex™ Strike Bag Box at your desired location.

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

All tools required for assembly included.

Find a spacious area for assembly and use, free of all surrounding objects. We recommend an area at least 4ft. x 6ft.

It is strongly recommended that well-padded bag gloves and handwraps are worn when using the Everlast Hyperflex™ Strike Bag .

Be sure that all bolts and nuts are aligned properly before tightening them. When installation is complete, make sure all parts are snug and that the Everlast Hyperflex™ Strike Bag is properly erected and ready for use.

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

**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 Everlast Hyperflex™ Strike Bag is in good working order and that all bolts are tightened.

This product is subject to sliding or shifting based on the surface it rest upon. We suggest putting the Everlast Hyperflex™ Strike Bag on a non-slip surface to reduce this.

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

The Everlast Hyperflex™ Strike Bag is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the heavy 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.

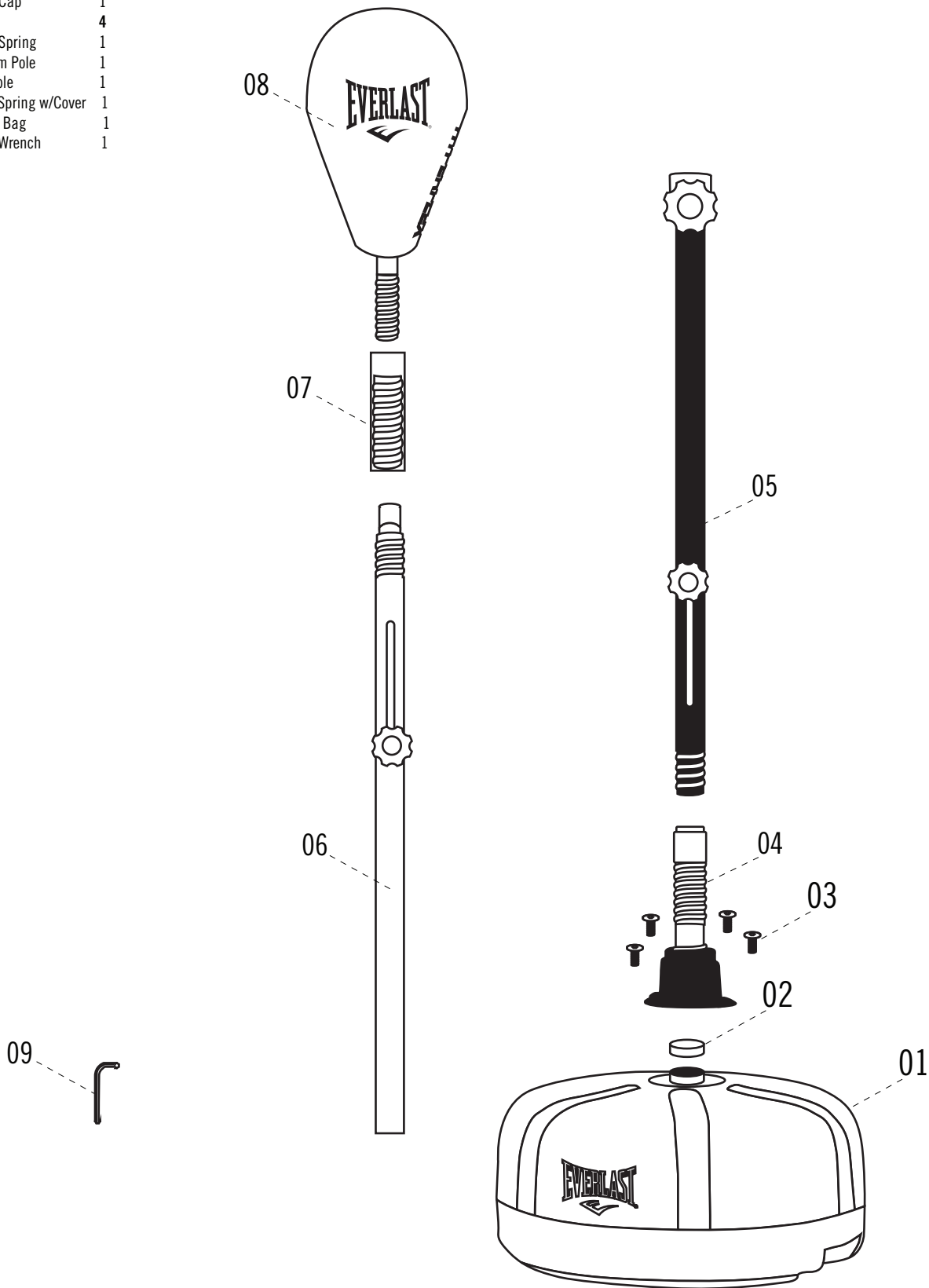
Base capacity is approx. 70lbs of water or approx. 100lbs of sand. Everlast recommends filling base with sand for best performance.

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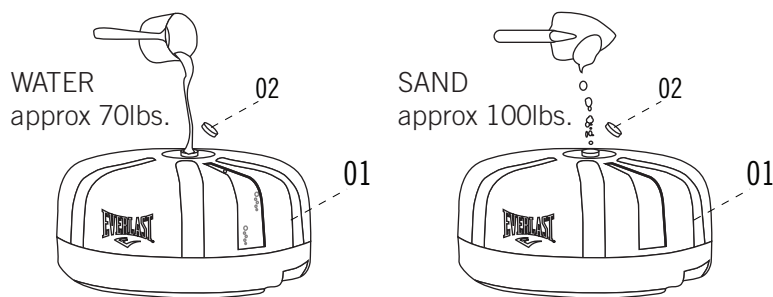
# 2264G HYPERFLEX™ STRIKE BAG EXPLODED DRAWING/PARTS LIST

Please inventory all components to insure you have everything needed for assembly.

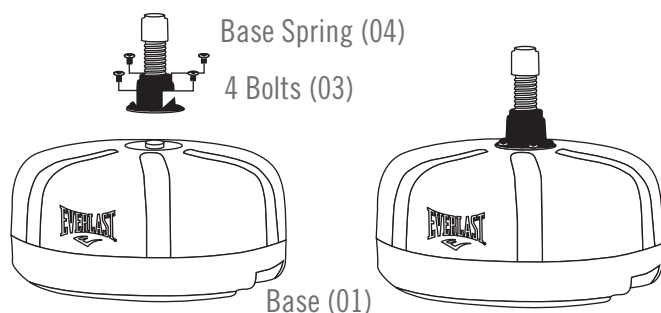
No.	Description	Qty.
2264G-01	Base	1
2264G-02	Base Cap	1
2264G-03	Bolts	4
2264G-04	Base Spring	1
2264G-05	Bottom Pole	1
2264G-06	Top Pole	1
2264G-07	Neck Spring w/Cover	1
2264G-08	Strike Bag	1
2264G-09	Allen Wrench	1



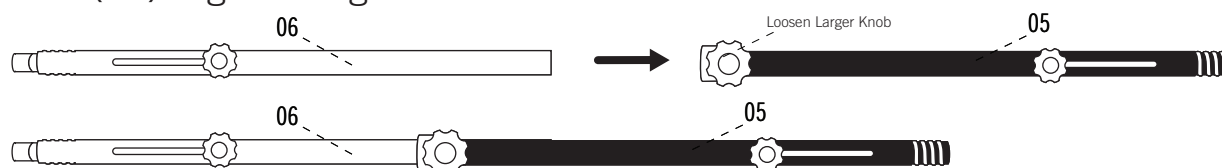
STEP 1: Remove cap (02) and fill base (01) with either sand or water. Replace cap (02) and secure tightly.



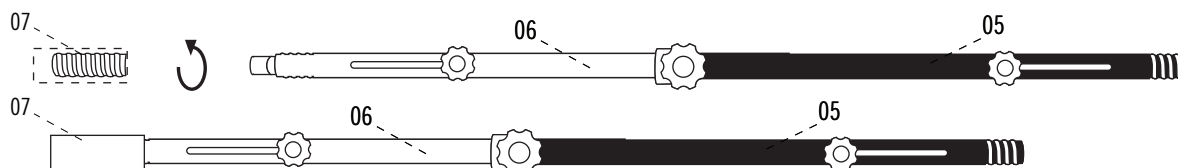
STEP 2: Using the four Screws (03) provided, attach the Base Spring (04) to the base, tightening Screws by hand.



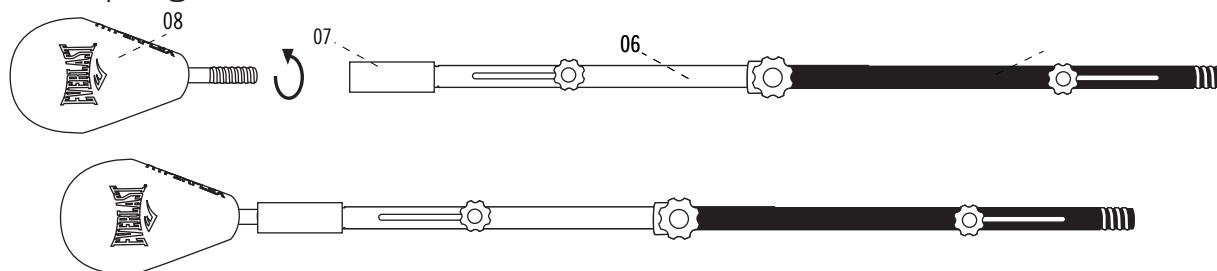
STEP 3: Loosen the larger knob on the Bottom Pole (05). Insert Top Pole (06) into Bottom Pole (05). Tighten larger knob to secure.



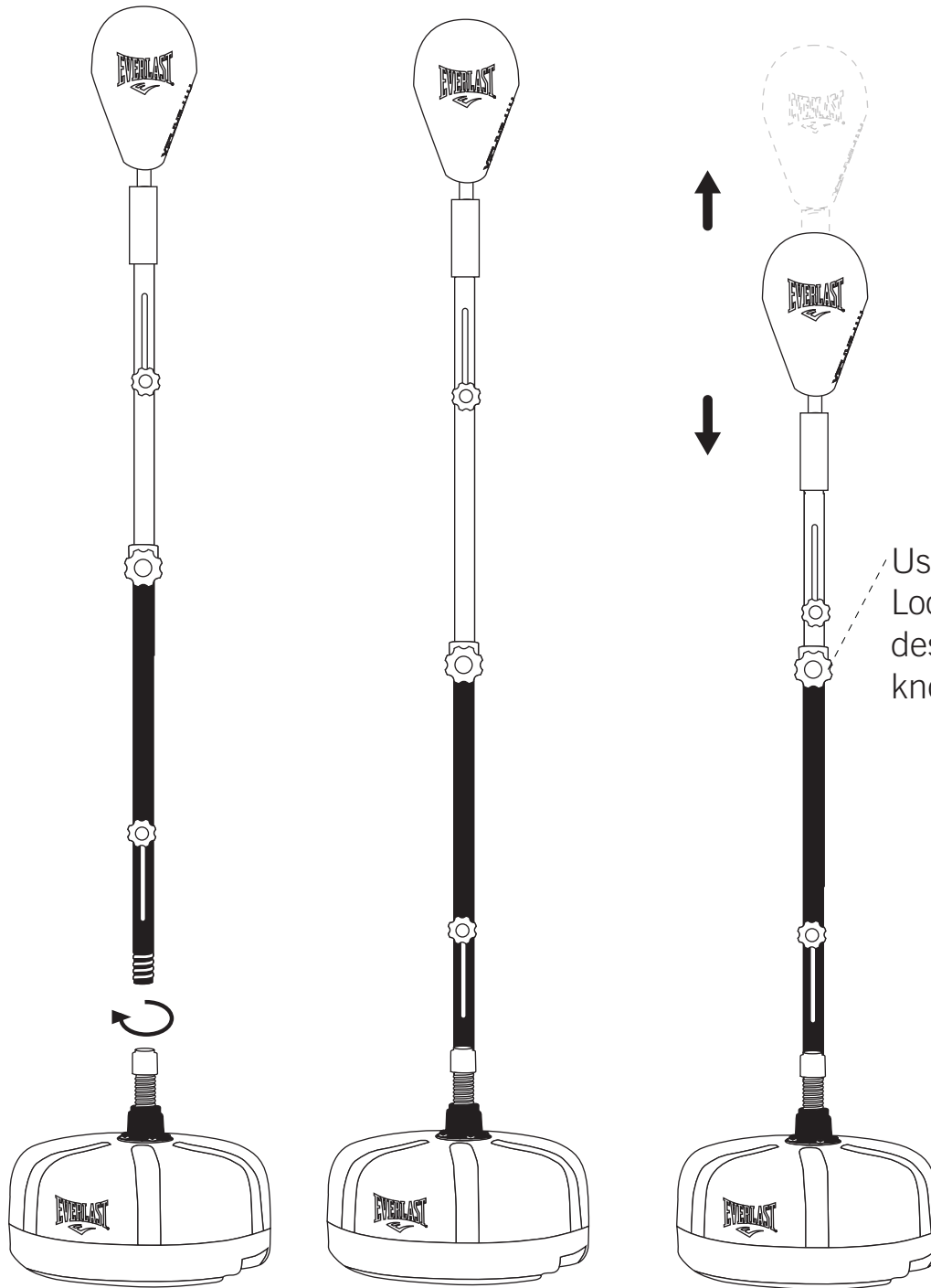
STEP 4: Screw Neck Spring (with cover) (07) onto Top Pole (06)



STEP 5: Screw the Strike Bag (08) into the the top of the Neck Spring (with spring cover) (07).



STEP 6: Screw Bottom Pole (05) into Base Spring (04) Fully tighten four Screws (03) with the Allen Wrench (09) and double check all connections for stability.



# 3 WORKOUTS IN 1

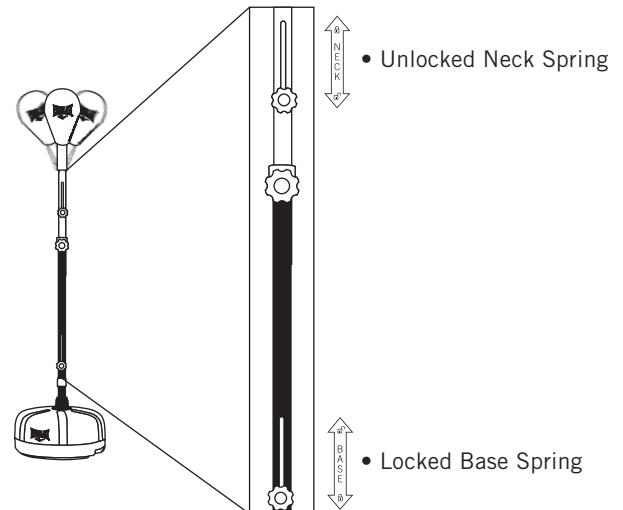
Hyperflex™ Strike Bag uses a dual locking spring system. A Neck Spring right below the Strike bag, and a base spring directly above the Base. By locking or unlocking these two springs you can achieve 3 unique Strike Bag Settings: Speed Flex, Straight Flex and Hyperflex™. Never use the Hyperflex™ Strike Bag with both springs in the lock position.

**ATTENTION:** Do not operate with both springs fully locked or unit may be damaged. Each spring lock needs to be at the top or bottom position. Do not lock in middle or unit may be damaged. Do not operate otherwise or unit may be damaged. Do not unscrew and remove the lock knobs.

## 1. SPEED FLEX

**HOW?** Lock Base, Unlock Neck

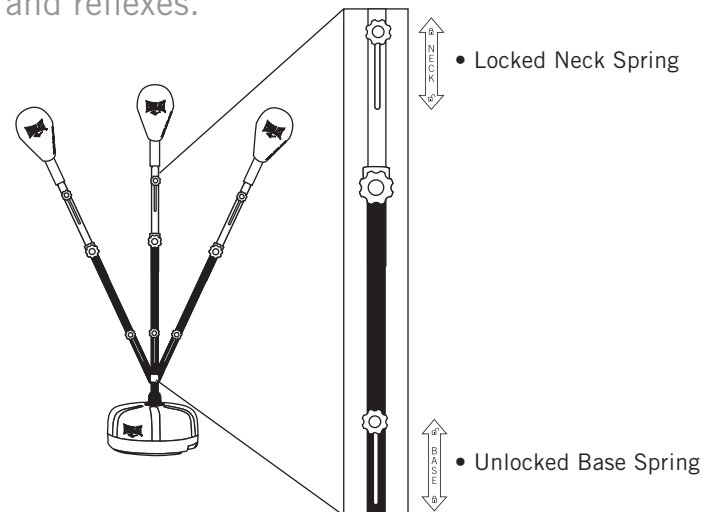
+ Setting is best for fast punches, combinations, and reflexes.



## 2. STRAIGHT FLEX

**HOW?** Unlock Base, Lock Neck

+ Setting is best for punch techniques, agility, footwork, defense, and timing.



## 3. HYPERFLEX

**HOW?** Unlock Base, Unlock Neck

+ Setting is for ultimate accuracy, speed, and agility training.  
+ Simulates sparring sessions for striking and defense.

