



MMA2226

MMA EVERFLEX STRIKING BAG

102113

MMA EVERFLEX STRIKING BAG ASSEMBLY INSTRUCTIONS

All tools required for assembly included.

STEP 1 Place Base (A) and Base (B) together.

STEP 2 Fill Base (A) and Base (B) with water..

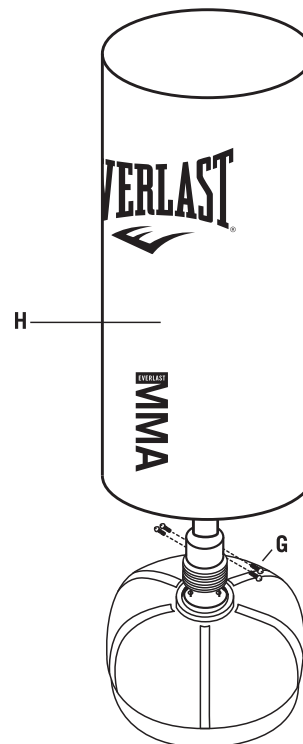
STEP 3 Fix Base (A) and Base (B) together using Cap (C).

STEP 4 Attach the Bottom Bracket (D) of the Everflex Spring Neck (F) to the top of the Base (A + B) with four Screws (E).

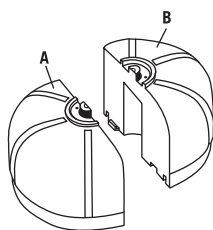
STEP 5 Fix the MMA Bag (H) with four Screws (G) and tighten as shown.

WARNING: The EVERLAST MMA EVERFLEX STRIKING BAG is not a toy. Always use bag gloves when punching this equipment. 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. Before each and every use be sure the equipment is in good condition and properly fastened.

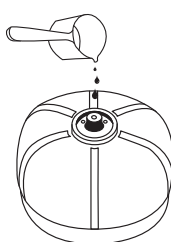
STEP 5



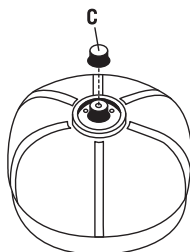
STEP 1



STEP 2



STEP 3



STEP 4

