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 1

STEP 2

STEP 3

STEP 4

WARNING!
DO NOT PUSH OR BEND

Improper use of this product may cause it to fail and will void its warranty.