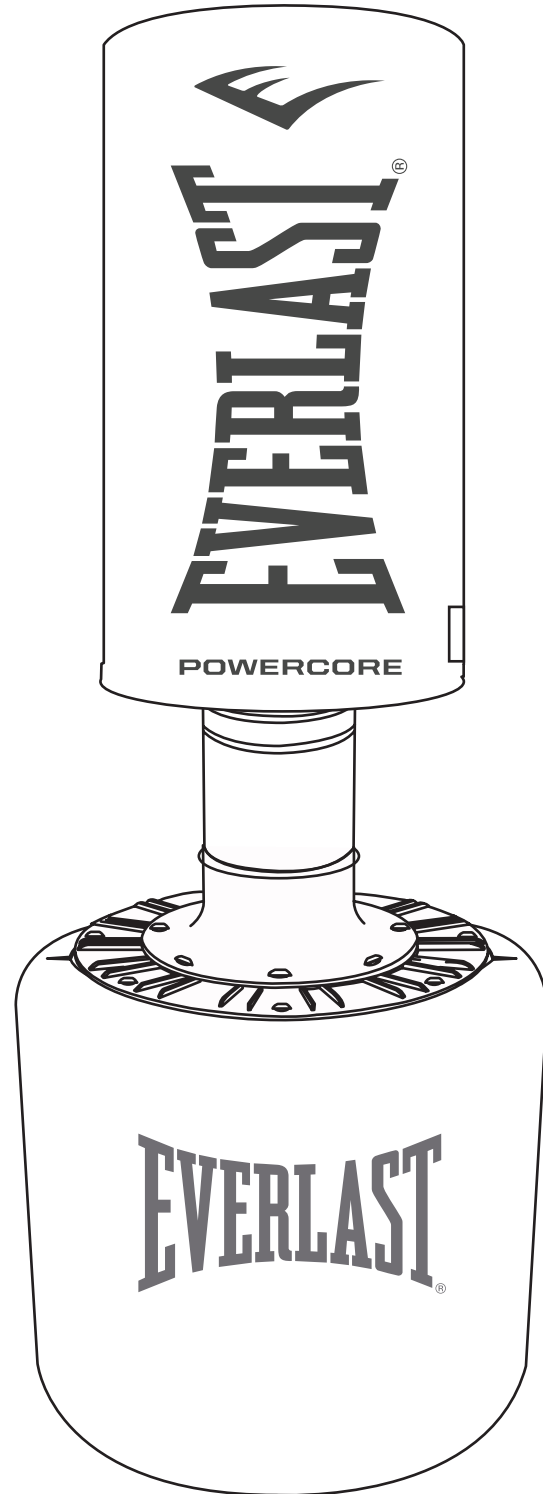




POWERCORE FREESTANDING HEAVY BAG

INSTALLATION, SAFETY INSTRUCTIONS &
LIMITED PRODUCT WARRANTY



Warning! This product is sold for use in high-risk activities.
Before using this product, read all enclosed information.
Read the 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™

ACI Brands Inc., 2616 Sheridan Garden Drive, Oakville, ON L6J 7Z2
Customer Service: 800-668-5593
WWW.EVERLAST.CA



POWERCORE FREESTANDING HEAVY BAG

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CONGRATULATIONS! YOU HAVE JUST PURCHASED THE EVERLAST POWERCORE FREESTANDING HEAVY 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 Powercore Freestanding Heavy Bag at your desired location. Remove all components from the box, and make sure all the parts are present.

Allen wrench tool is included, for ease of assembly.

Find a spacious area for assembly and use, free of all surrounding objects. We recommend an area at least 4 ft x 6 ft / 1.2 m x 1.8 m.

It is strongly recommended that well-padded bag gloves and handwraps are worn when using the Freestanding Heavy 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 Powercore Freestanding Heavy 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 Powercore Freestanding Heavy Bag and contact ACI Brands Inc.

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 Powercore Freestanding Heavy 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 Powercore Freestanding Heavy 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 Powercore Freestanding Heavy 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. 250 lb / 113.4 kg of water or approx. 370 lb / 167.8 kg of sand. Everlast recommends filling base with sand for best performance



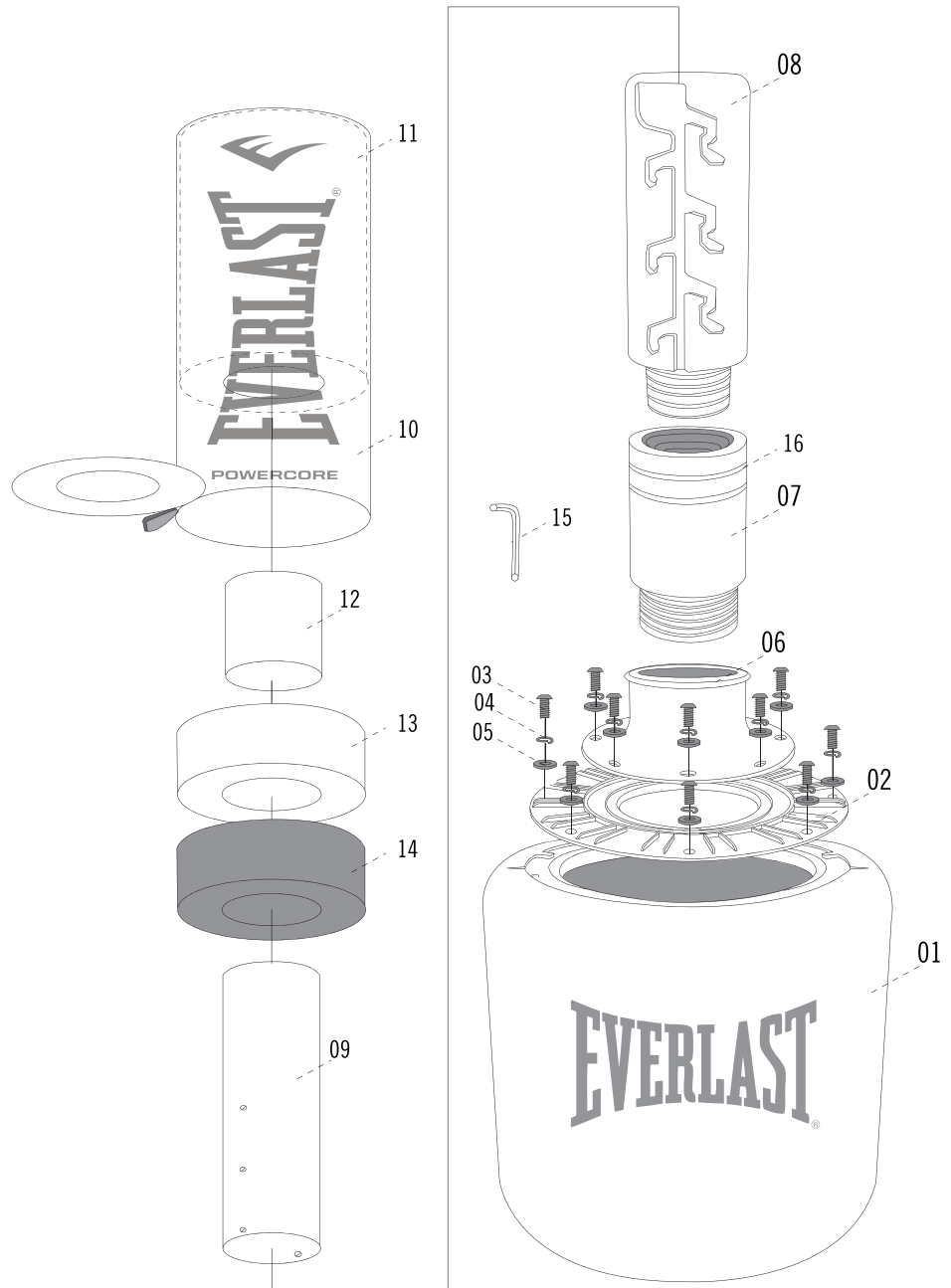
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PRODUCT OVERVIEW

PLEASE INVENTORY ALL COMPONENTS TO ENSURE YOU HAVE EVERYTHING NEEDED FOR ASSEMBLY. INSPECT ALL PRODUCT PARTS TO ENSURE THAT THEY HAVE NOT BEEN DAMAGED IN SHIPMENT/DELIVERY.

No.	Description	Qty.
1	Base	1
2	Neck Plate	1
3	Bolts	16
4	Lock Washers	16
5	Flat Washers	16
6	Flex Neck	1
7	Connecting Pole	1
8	Adjusting Pole	1
9	Connecting Tube	1
10	Shell	1
11	Main Foam Section	1
12	Foam Center Plug	1
13	White Foam Ring	1
14	Black Foam Ring	1
15	Allen Wrench	1
16	Power Transfer Rings	3





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INSTRUCTIONS

STEP 1.

Fill hollow Base with either sand or water (approx 250 lb/113.4 kg of water or approx 370 lb/167.8 kg of sand). We recommend using sand for best functionality.

STEP 2.

Align using the round and square notches and attach the Neck Plate (2) to the Base (1) using 8 Flat Washers (5), 8 Lock Washers (4), and 8 Bolts (3). Tighten bolts loosely by hand until all are in place, then go back and re-tighten securely with allen wrench.

STEP 3.

Attach the Flex Neck (6) to the Neck Plate (2) using 8 Flat Washers (5), 8 Lock Washers (4), and 8 Bolts (3). Tighten bolts loosely by hand until all are in place, then go back and re-tighten securely with allen wrench.

STEP 4.

Screw Connecting Pole (7) into Flex Neck (6).

STEP 5.

Insert Foam Center Plug (12) into the Main Foam Section (11), pushing all the way to the bottom.

STEP 6.

Insert White Foam Ring (13) into Shell (10), this is best accomplished by putting the ring in at an angle, then pulling the Shell (10) up around it. Repeat with Black Foam Ring (14). Close shell lid and zip closed.

STEP 7.

Insert Connecting Tube (9) into Shell (10), to complete Heavy Bag Tube.

STEP 8.

Screw Adjusting Pole (8) into Connecting Pole (7).

STEP 9.

Slide completed Heavy Bag onto Adjusting Pole (8) and twist to lock in at preferred height.

STEP 10.

With all parts complete, retighten all bolts on entire unit, and double check for stability.