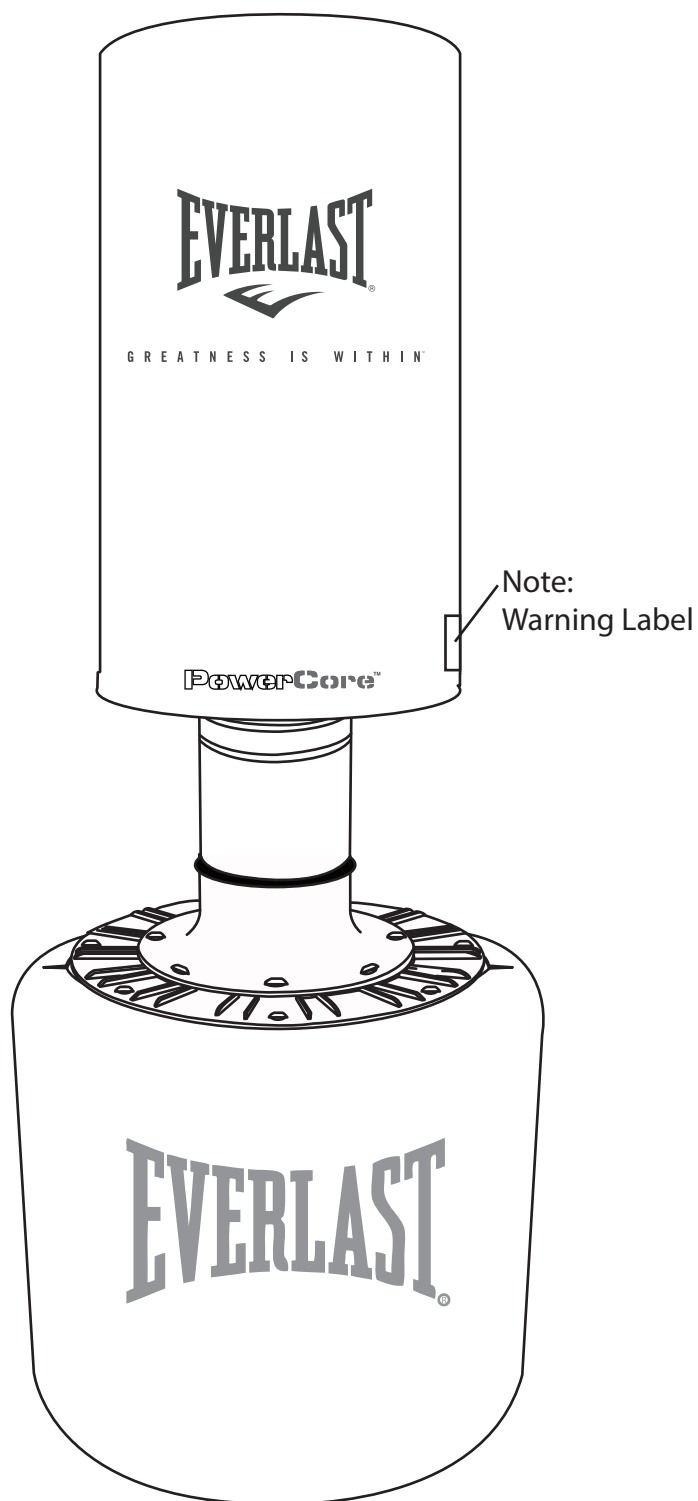




2228 POWERCORE™ FREESTANDING HEAVY BAG OWNER'S MANUAL



Warning! This product is sold for use in high risk activities,
before using this product, read all enclosed 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



2228 POWERCORE™ FREESTANDING HEAVY BAG OWNER'S MANUAL

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 4ft. x 6ft.

It is strongly recommended that well-padded bag gloves and handwraps are worn when using the Everlast Powercore 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 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 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.

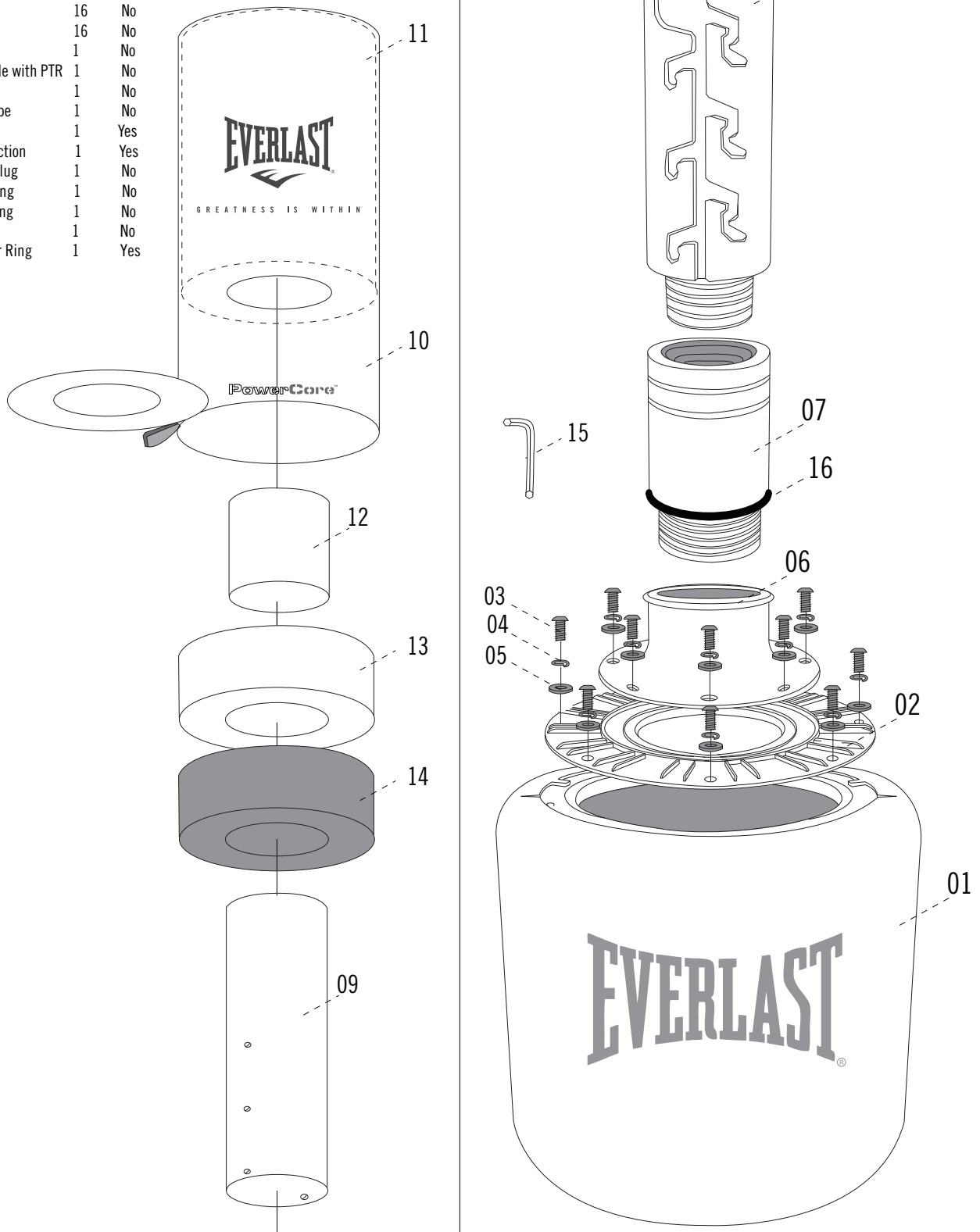
Base capacity is approx. 250lbs of water or approx. 370 lbs of sand. Everlast recommends filling base with sand for best performance.

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2228 POWERCORE™ FREESTANDING HEAVY BAG EXPLODED DRAWING/PARTS LIST

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

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



Assembly For Everlast Powercore™ Freestanding Heavy Bag Model #2228

STEP 1: BASE CONSTRUCTION

- Sub Step 1. Fill hollow Base (01) with either sand or water (approx 250lbs of water or approx 370 lbs of sand).
- Sub Step 2. Align using the round and square notches and attach the Neck Plate (02) to the Base (01) using 8 Flat Washers (05), 8 Lock Washers (04), and 8 Bolts (03) as shown in Diagram 2. Tighten bolts loosely by hand until all are in place, then go back and re-tighten securely with allen wrench.
- Sub Step 3. Attach the Flex Neck (06) to the Neck Plate (02) using 8 Flat Washers (05), 8 Lock Washers (04), and 8 Bolts (03) as shown in Diagram 3. Tighten bolts loosely by hand until all are in place, then go back and re-tighten securely with allen wrench(15).
- Sub Step 4. Check to ensure that the Power Transfer Ring (16) is attached around the Connecting pole (07). If it has come loose during shipping, replace it to fit securely around the lip of the Connecting pole (07).
- Sub Step 5. Screw Connecting Pole (07) into Flex Neck (06) as shown in Diagram 4.

Diagram 1



Diagram 2

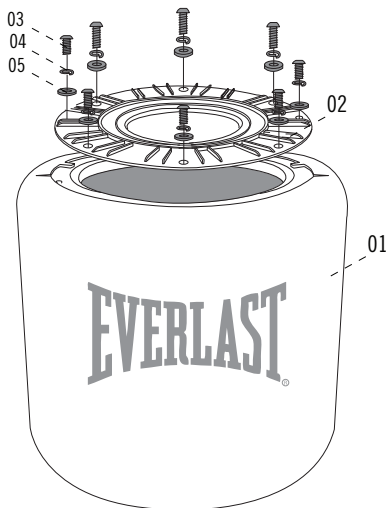


Diagram 3

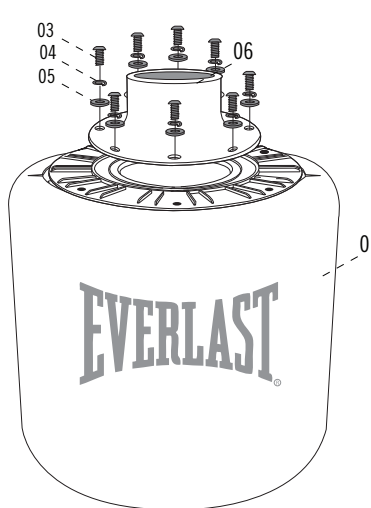


Diagram 4



Items needed for step 1:

No.	Description	Qty.
01	Base	1
02	Neck Plate	1
03	Bolts	16
04	Lock Washers	16
05	Flat Washers	16
06	Flex Neck with PTR	1
07	Connecting Pole	1
08	Adjusting Pole	1
15	Allen Wrench	1
16	Power Transfer Ring	1

STEP 2: HEAVY BAG CONSTRUCTION

- Sub Step 1. Insert Foam Center Plug (12) into the Main Foam Section (11), pushing all the way to the bottom.
- Sub Step 2. 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.
- Sub Step 3. Insert Black Foam Ring (14) into Shell (10), this is best accomplished by putting the ring in at an angle, then pulling the Shell (10) up around it.
- Sub Step 4. Close Shell (10) lid and zip closed.
- Sub Step 5. Insert Connecting Tube (09) into Shell (10), to complete Heavy Bag Tube.

Items needed step 2:

No.	Description	Qty.
09	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

Diagram 1

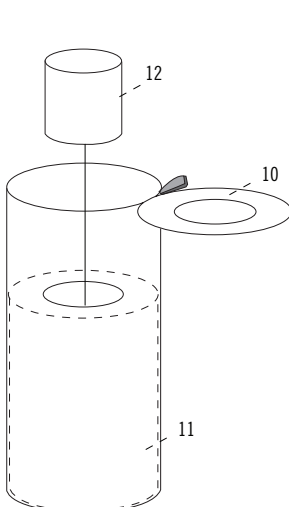


Diagram 2

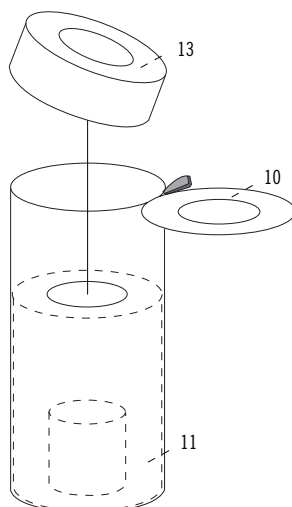


Diagram 3

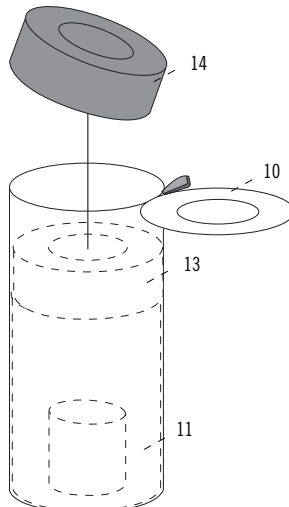


Diagram 4

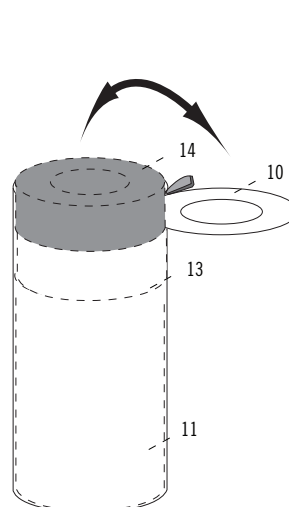
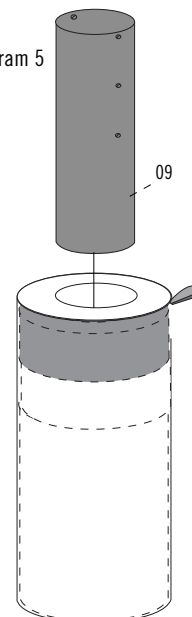


Diagram 5

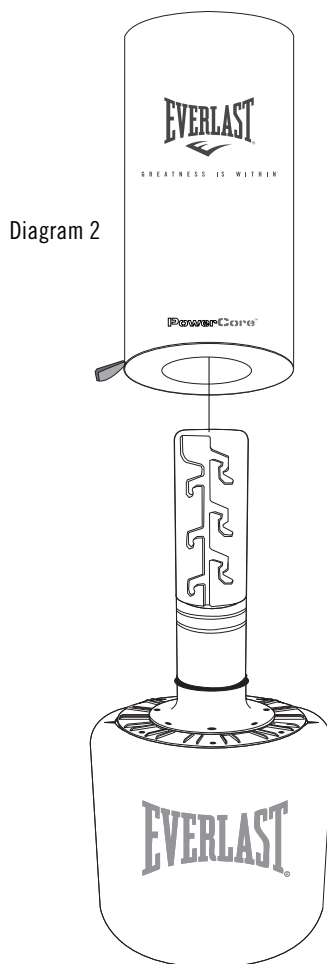
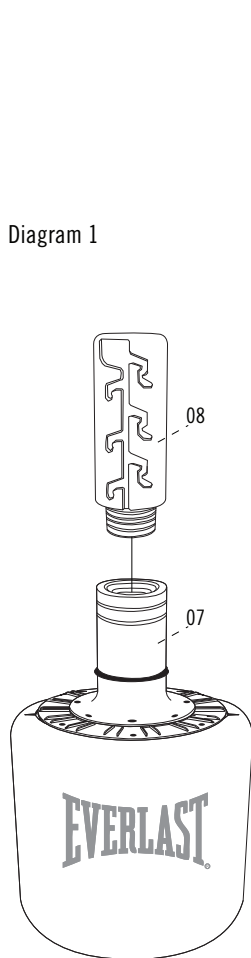


Assembly For Everlast Powercore™ Freestanding Heavy Bag Model #2228

STEP 3: FINAL ASSEMBLY

- Sub Step 1. Screw Adjusting Pole (08) into Connecting Pole (07) as shown in Diagram 1.
- Sub Step 2. Slide completed Heavy Bag onto Adjusting Pole (08) and twist to lock in at preferred height.
- Sub Step 3. With all parts complete, retighten all bolts on entire unit, and double check for stability.

Items needed for step 3:		
No.	Description	Qty.
08	Adjusting Pole	1
07	Connecting Pole	1



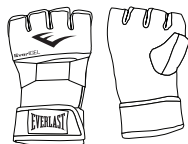
STEP 4: CUSTOMIZING AND ACCESSORIES

For increased stability please use on a sturdy and even surface. Everlast recommends filling the base with sand for best functionality. The Everlast Powercore™ Freestanding Heavy Bag can be adjusted in height, using the notches molded into the Connecting tube. We also recommend purchasing the following accessories to use in conjunction with your Everlast Powercore™ Freestanding Heavy Bag.



Handwraps

- or -



EverGel™ Handwraps



Prostyle Training Gloves

