

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [Everlast](#) /

› [Everlast Reflex Bag Instruction Manual](#)

Everlast 2260

Everlast Reflex Bag Instruction Manual

Model: 2260 | Brand: Everlast

1. PRODUCT OVERVIEW

The Everlast Reflex Bag is designed to enhance hand-eye coordination, speed, timing, and punching accuracy. Its freestanding, spring-mounted design allows for dynamic rebounding, which helps in developing reflexes and practicing bobbing and weaving movements. This product is suitable for upper body and core workouts, offering a versatile training experience.



Figure 1: Fully assembled Everlast Reflex Bag, showcasing its freestanding design with a black punching bag, a chrome-plated adjustable pole, and a black base.

2. PRODUCT FEATURES

- **Product Type:** Punching Bag
- **Design:** Freestanding, spring-mounted for dynamic rebound
- **Benefits:** Improves hand-eye coordination, speed, timing, punching accuracy, reflexes, and bobbing/weaving movements.
- **Base:** High-density plastic base, approximately 70 lbs when filled with water.
- **Adjustable Height:** Up to 63 inches at its highest setting.
- **Dual Hyperflex Springs:** Provides three workout settings for comprehensive training.

3. COMPONENTS

Before assembly, ensure all components are present and undamaged:

- Reflex Bag (punching bag head)
- Adjustable Vertical Pole
- Spring Mechanism
- High-Density Plastic Base
- Assembly Hardware (nuts, bolts, hex key, wrench - typically included)

4. SETUP INSTRUCTIONS

Assembly of the Everlast Reflex Bag is straightforward and typically takes about 10 minutes. Tools required for assembly are usually included with the product.

1. **Prepare the Base:** Place the high-density plastic base in your desired training location. The base must be filled with a weighting agent to ensure stability during use. It is recommended to fill the base with water (approximately 70 lbs when full) or sand. If using sand, note that the fill hole is small, and dry, fine sand is recommended for easier filling.
2. **Attach the Pole:** Securely attach the adjustable vertical pole to the base. Ensure all connections are tightened using the provided hardware.
3. **Attach the Reflex Bag:** Connect the reflex bag head to the top of the adjustable pole, ensuring it is firmly attached.
4. **Adjust Height:** Adjust the height of the pole to your preferred training level. The maximum height is 63 inches.
5. **Configure Spring Settings (if applicable):** The dual hyperflex individual locking springs allow for three workout settings. Refer to the table below for guidance:

Setting Name	Spring Configuration	Ideal For
Speed Flex	Lock Base, Unlock Neck	Fast punches, combinations, and reflexes.
Straight Flex	Unlock Base, Lock Neck	Punch techniques, agility, footwork, defense, and timing.
Hyperflex	Unlock Base, Unlock Neck	Ultimate accuracy, speed, agility training, and simulating sparring sessions.

5. OPERATING INSTRUCTIONS

The Everlast Reflex Bag is primarily designed for speed and reflex training, not for heavy power blows. For optimal performance and longevity, adhere to the following guidelines:

- **Wear Protective Gear:** Always wear appropriate boxing gloves and hand wraps to protect your hands and wrists during training. The bag head is dense, and improper use without protection can lead to injury.
- **Focus on Technique:** Concentrate on developing proper punching technique, speed, and accuracy. The rebounding action of the bag will force you to react quickly, improving your defensive movements like bobbing and weaving.
- **Utilize Flex Settings:** Experiment with the different spring settings (Speed Flex, Straight Flex, Hyperflex) to tailor your workout to specific training goals, such as improving combinations, footwork, or simulating sparring.
- **Movement:** Move around the base as you train, mimicking real boxing movements. This enhances cardio, leg conditioning, and overall agility.
- **Avoid Excessive Force:** While the bag is durable, it is not intended for maximum power punches or kicking. If you require a bag for heavy striking, consider a traditional heavy bag.

6. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your Everlast Reflex Bag:

- **Check Connections:** Periodically inspect all connections, especially where the pole meets the base and the bag meets the pole. Tighten any screws or bolts that may have loosened due to repeated impact.
- **Base Water/Sand Level:** Ensure the base remains adequately filled with water or sand. A properly weighted base is crucial for stability and effective rebound.
- **Cleaning:** Wipe down the bag and pole with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that could damage the material.
- **Storage:** Store the reflex bag indoors in a dry environment. Prolonged exposure to outdoor elements can lead to rust on metal components like the spring and shaft.
- **Inspect for Wear:** Regularly check the bag's surface, spring, and pole for any signs of wear, tears, or damage. Address minor issues promptly to prevent further deterioration.

7. TROUBLESHOOTING

If you encounter issues with your Everlast Reflex Bag, consider the following troubleshooting steps:

- **Bag Wobbles Excessively or Tips Over:**
 - Ensure the base is completely filled with water or sand to its maximum capacity.
 - Verify that the pole is securely attached to the base and all connections are tightened.
- **Bag Does Not Rebound Properly or is Too Slow:**
 - Check the spring configuration to ensure it matches your desired training setting (Speed Flex, Straight Flex, Hyperflex).
 - Confirm the base is adequately weighted. An under-filled base can affect rebound.
 - Ensure the bag head is securely attached to the pole and not loose.
- **Pole/Bag Unscrews During Use:**
 - Regularly check and tighten the connection points between the bag, pole, and base. This is a common occurrence with repetitive impact.
- **Rust on Metal Parts:**
 - This typically occurs from exposure to moisture. Store the unit indoors in a dry environment. If rust is present, it can be treated with rust remover and a protective coating.

8. SPECIFICATIONS

Specification	Detail
Model Name	Reflex Bag
Part Number	2260
Color	Black
Material	Plastic (Base), Faux Leather (Bag)
Product Dimensions (LxWxH)	19.5" x 19.5" x 10" (Bag/Base footprint)

Specification	Detail
Adjustable Height	Up to 63 inches
Item Weight (unfilled)	0.4 Kilograms (approx. 0.88 lbs)
Package Weight	5.33 Kilograms (approx. 11.75 lbs)
Base Capacity	Approx. 70 lbs when filled with water
Country of Origin	Taiwan, Province Of China
UPC	009283553692, 638302700054, 009283523923

9. WARRANTY AND SUPPORT

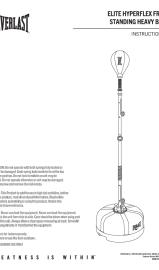
For specific warranty information regarding your Everlast Reflex Bag, please refer to the documentation included with your purchase or contact Everlast directly. You can find more information and contact details on the official Everlast website or their Amazon store page.

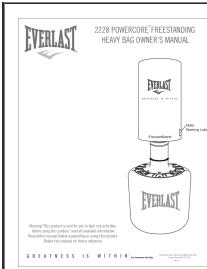
Visit the official Everlast Store: [Everlast Store on Amazon](#)

© 2024 Everlast Worldwide, Inc. All rights reserved.

This manual is for informational purposes only. Product specifications are subject to change without notice.

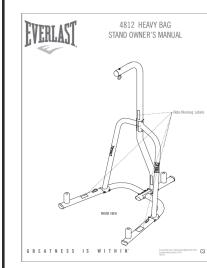
Related Documents - 2260

	<p>Everlast Powerlock Double End Reflex Ball Assembly Instructions</p> <p>Step-by-step assembly instructions for the Everlast Powerlock Double End Reflex Ball, detailing methods for securing the elastic rope using suction cups or carabiners, and adjusting the ball's height for optimal use.</p>
	<p>Everlast Elite Hyperflex Free Standing Heavy Bag: Instructions and Assembly Guide</p> <p>Comprehensive instructions and assembly guide for the Everlast Elite Hyperflex Free Standing Heavy Bag. Learn how to set up, use, and adjust your punching bag for optimal training.</p>
	<p>Everlast Heavy Bag/Speed Bag Stand Owner's Manual</p> <p>This owner's manual provides assembly instructions and usage guidelines for the Everlast Heavy Bag/Speed Bag Stand. It includes a parts list, assembly steps with diagrams, and safety warnings.</p>



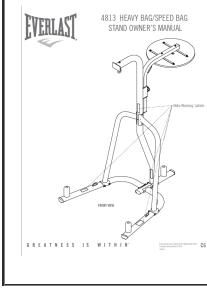
[Everlast 2228 Powercore Freestanding Heavy Bag Owner's Manual & Assembly Guide](#)

Comprehensive owner's manual and assembly guide for the Everlast 2228 Powercore Freestanding Heavy Bag. Includes safety instructions, parts list, step-by-step assembly, and usage recommendations.



[Everlast 4812 Heavy Bag Stand Owner's Manual & Assembly Guide](#)

Comprehensive owner's manual and assembly instructions for the Everlast 4812 Heavy Bag Stand. Learn how to safely assemble, use, and stabilize your heavy bag stand.



[Everlast 4813 Heavy Bag/Speed Bag Stand Owner's Manual & Assembly Guide](#)

Comprehensive owner's manual and assembly instructions for the Everlast 4813 Heavy Bag and Speed Bag Stand. Includes parts list, setup guide, safety information, and usage recommendations.