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Everlast 2264G

Everlast Hyperflex Strike Bag (Model 2264G) Instruction Manual

Your guide to assembly, operation, and maintenance.

INTRODUCTION

The Everlast Hyperflex Strike Bag, Model 2264G, is designed to enhance your boxing and MMA training by improving precision, timing, and hand-eye coordination. This free-standing pedestal bag offers a dynamic rebound action suitable for various striking drills. Please read this manual thoroughly before assembly and use to ensure proper setup and safe operation.



SAFETY INFORMATION

- Always consult with a physician before beginning any exercise program.
- Wear appropriate hand protection (gloves, wraps) to prevent injury.
- Ensure the base is properly filled and stable before use to prevent tipping.
- Maintain a clear area around the strike bag to avoid collisions with objects or other individuals.
- Do not use if any parts are damaged or show signs of wear.
- Keep children and pets away from the strike bag during use.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Everlast 2264G Hyperflex Strike Bag (includes punching bag, adjustable pole, and base)
- Assembly Hardware (screws, washers, etc. - specific items may vary)
- Instruction Manual (this document)

SETUP INSTRUCTIONS

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Fill the Base:** The base must be filled for stability.
 - Locate the fill opening on the base.
 - Fill the base with either water or sand. Sand provides greater stability and is less prone to leakage.
 - Ensure the base is completely filled to maximize stability.
 - Securely close the fill opening with the provided cap to prevent leakage.
3. **Assemble the Pole:** Connect the adjustable pole sections according to the diagrams provided in the original packaging (if any). Ensure all connections are secure.
4. **Attach the Strike Bag:** Securely attach the strike bag to the top of the assembled pole. Ensure all bolts and fasteners are tightened.
5. **Adjust Height:** Adjust the height of the strike bag to your desired training level. Ensure the locking mechanism is fully engaged after adjustment.
6. **Check Stability:** Before first use, gently push and pull the strike bag to confirm the base is stable and all connections are secure.

OPERATING INSTRUCTIONS

The Everlast Hyperflex Strike Bag is designed for dynamic training. Its flexible design allows for various types of strikes and drills.

- **Striking Technique:** Focus on precision, timing, and speed. The bag's rebound helps develop rhythm and reaction time.
- **Footwork:** Incorporate footwork drills around the bag to simulate movement in a ring or cage.

- **Adjustable Flex:** The Hyperflex system allows for adjustment of the bag's rebound characteristics. Refer to the product's specific instructions (if available) for detailed guidance on adjusting the flex for different training intensities or types of strikes (e.g., quick jabs vs. powerful uppercuts).
- **Cardio Training:** Use the bag for continuous striking to elevate heart rate and improve cardiovascular endurance.

MAINTENANCE

- **Cleaning:** Wipe down the strike bag and pole with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Do not use abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, screws, and connections to ensure they remain tight. Re-tighten as needed to maintain stability and prevent wear.
- **Base Integrity:** Regularly check the base for any signs of leakage or cracks. If using water, ensure the cap is sealed. If using sand, ensure no sand is escaping.
- **Storage:** Store the strike bag in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Base leaks water/sand.	Fill cap not secured; crack in base.	Ensure fill cap is tightly closed. Inspect base for damage; if cracked, contact customer support for replacement parts.
Bag feels unstable or wobbles excessively.	Base not fully filled; loose connections; uneven surface.	Ensure base is completely filled. Check and tighten all assembly bolts. Place the bag on a flat, level surface.
Post bends or does not stand upright.	Excessive force during use; manufacturing defect; loose internal components.	The Hyperflex bag is designed for precision and speed, not heavy power punching. Avoid excessive force. Check for loose internal components or contact customer support if a defect is suspected.
Height adjustment mechanism is stuck.	Dirt or debris in mechanism; bent pole section.	Clean the adjustment mechanism. If the pole is bent, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Name	2264G
Brand	Everlast
Material	Nylon (Outer Material)
Color	Grey

Feature	Detail
Item Weight	5 Kilograms (approx. 11 lbs)
Product Dimensions (W x H)	Approx. 30.7"W x 20.9"H (Bag dimensions, overall height adjustable)
Suggested Users	Unisex-adult
Sport Type	Martial Arts, Boxing, MMA
Base Fill Options	Water or Sand (not included)

WARRANTY INFORMATION

Everlast warrants its products to be free from defects in materials and workmanship for a period of **120 days** from the date of purchase, provided they have not been subjected to obvious abuse, neglect, or misuse. This warranty covers manufacturing defects under normal use. For warranty claims, please retain your proof of purchase and contact Everlast customer support.

CUSTOMER SUPPORT

For further assistance, questions regarding assembly, operation, or warranty claims, please contact Everlast customer support through their official website or the contact information provided with your purchase. Please have your model number (2264G) and proof of purchase available when contacting support.

Everlast Official Website: www.everlast.com

