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› [EVERLAST MMA2226 Everflex Striking Bag Instruction Manual](#)

## EVERLAST MMA2226

# EVERLAST MMA2226 Everflex Striking Bag Instruction Manual

Model: MMA2226

## INTRODUCTION

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your EVERLAST MMA2226 Everflex Striking Bag. Please read all instructions carefully before use to ensure proper setup and to maximize the lifespan of your equipment.

## SAFETY INFORMATION

**WARNING: The EVERLAST MMA2226 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. You must accept full responsibility for the safe assembly and use of all equipment. Before each and every use, be sure the equipment is in good condition and properly fastened.**

- Always wear appropriate protective gear, including boxing gloves, when using the striking bag.
- Ensure the striking bag is properly assembled and stable before each use.
- Do not use if any part of the equipment appears damaged or worn.
- Keep children and pets away from the striking bag during use.
- Consult a physician before starting any new exercise program.

## ASSEMBLY INSTRUCTIONS

All tools required for assembly are included. Please follow these steps carefully.



## MMA2226 MMA EVERFLEX STRIKING BAG

102113

### 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..

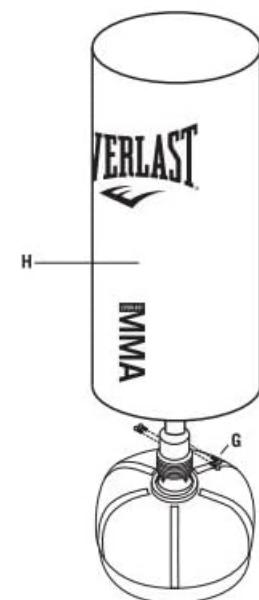
**STEP 3** Fix Base (A) and Base (B) together using Cap (C).

**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).

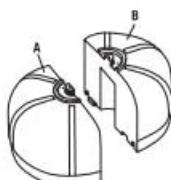
**STEP 5** Fix the MMA Bag (H) with four Screws (G) and tighten as shown.

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### STEP 5



#### STEP 1



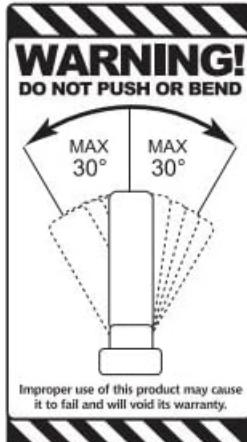
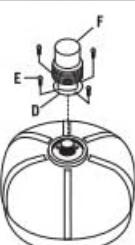
#### STEP 2



#### STEP 3



#### STEP 4



This diagram illustrates the assembly process for the Everlast Everflex Striking Bag. It shows the base (A), the bag (H), the spring neck (F), and the cap (C), along with the screws (E) and tightening knob (G).

### Step-by-Step Assembly

1. Place Base (A) and Base (B) together.
2. Fill Base (A) and Base (B) with water.
3. Fix Base (A) and Base (B) together using Cap (C).
4. Attach the Bottom Bracket (D) of the Everflex Spring Neck (F) to the top of the Base (A + B) with four Screws (E).
5. Fix the MMA Bag (H) with four Screws (G) and tighten as shown.



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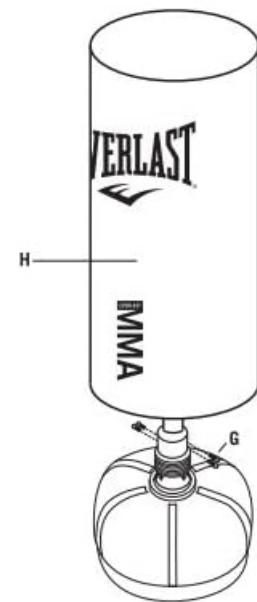
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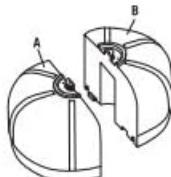
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### STEP 5



#### STEP 1



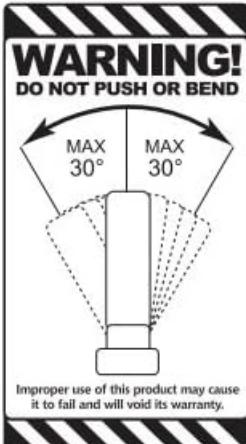
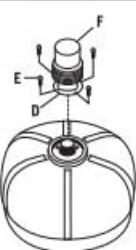
#### STEP 2



#### STEP 3



#### STEP 4



A warning label indicating 'DO NOT PUSH OR BEND' and illustrating that the bag should not be tilted more than 30 degrees from vertical. Improper use may cause product damage.

## OPERATING INSTRUCTIONS

The EVERLAST MMA2226 Everflex Striking Bag is designed for various striking techniques, including punching and kicking. Follow these guidelines for optimal use.

- Ensure you are wearing appropriate protective gear, such as boxing gloves, before beginning your workout.
- Maintain a safe distance from the bag to avoid accidental injury.
- Practice proper form and technique to maximize your workout and prevent injury.

- The Everflex design allows for dynamic movement and rebound, simulating a real opponent.
- Do not attempt to push or bend the bag beyond its intended range of motion (approximately 30 degrees from vertical) as this may cause damage.



This image shows the complete Everlast MMA Everflex Striking Bag, ready for use. It features a tall black bag with the 'EVERLAST MMA' logo, connected to a sturdy black base via a flexible spring mechanism.

## MAINTENANCE

Regular maintenance will extend the life of your Everlast Everflex Striking Bag and ensure its continued performance.

- **Cleaning:** Wipe down the bag and base with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all screws and connections to ensure they are tight and secure.
- **Storage:** Store the striking bag in a cool, dry place away from direct sunlight and extreme temperatures.
- **Base Water Level:** Ensure the base remains filled with water to maintain stability. Check for leaks periodically.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Bag is unstable/wobbles excessively	Base not sufficiently filled	Ensure base is completely filled with water.
Bag does not rebound properly	Spring mechanism damaged or loose	Check spring connection points. If damaged, contact customer support.
Screws become loose	Regular use vibrations	Tighten all screws securely. Check periodically.

Problem	Possible Cause	Solution
Base is leaking	Damage to base or improper cap seal	Inspect base for cracks. Ensure cap (C) is tightly secured.

## SPECIFICATIONS

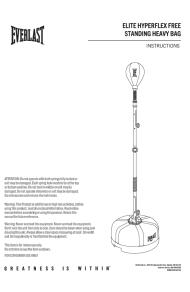
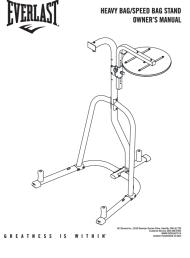
- Model:** MMA2226
- Brand:** EVERLAST
- Dimensions (Assembled):** Approximately 129.5 cm (Height) x 35.5 cm (Bag Diameter) x 59.5 cm (Base Diameter)
- Base Fill:** Water
- ASIN:** B00IBTIMNO

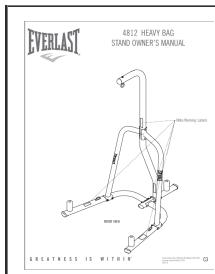
## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the official EVERLAST website or contact their customer service department. Keep your purchase receipt as proof of purchase.

For general inquiries, you may visit the [Everlast official website](#).

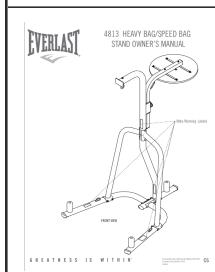
## Related Documents - MMA2226

	<p><a href="#">Everlast Elite Hyperflex Free Standing Heavy Bag: Instructions and Assembly Guide</a></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><a href="#">Everlast 2228 Powercore Freestanding Heavy Bag Owner's Manual &amp; Assembly Guide</a></p> <p>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.</p>
	<p><a href="#">Everlast Heavy Bag/Speed Bag Stand Owner's Manual</a></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>



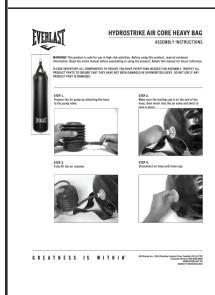
### [Everlast 4812 Heavy Bag Stand Owner's Manual & Assembly Guide](#)

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.



### [Everlast Hydrostrike Air Core Heavy Bag Assembly Instructions](#)

Step-by-step assembly instructions for the Everlast Hydrostrike Air Core Heavy Bag, including filling with water and air, and important safety warnings.

Documents - EVERLAST – MMA2226

no relevant documents