

Everlast P00001656

Everlast Elite Freestanding Heavy Bag

Model: P00001656

1. INTRODUCTION

Thank you for choosing the Everlast Elite Freestanding Heavy Bag. This manual provides essential information for the safe and effective setup, operation, and maintenance of your heavy bag. Please read all instructions carefully before assembly and use.

Safety Information

- Always consult a physician before beginning any exercise program.
- Ensure the heavy bag is properly assembled and the base is filled completely before use to prevent tipping.
- Use appropriate hand protection (boxing gloves or wraps) to prevent injury.
- Maintain a safe distance from the bag during use to avoid accidental impact.
- Inspect the bag and base for any damage before each use. Do not use if damaged.
- Keep children and pets away from the heavy bag during use.



Figure 1: The Everlast Elite Freestanding Heavy Bag, featuring a red and black design.

2. PACKAGE CONTENTS

Your Everlast Elite Freestanding Heavy Bag package should contain the following two main components:

- Heavy Bag (Upper Section)
- Freestanding Base

Please inspect all components for any damage or missing parts before proceeding with assembly. If any parts are missing or damaged, contact Everlast customer support.

3. SETUP INSTRUCTIONS

The Everlast Elite Freestanding Heavy Bag is designed for easy two-piece assembly.

1. **Prepare the Base:** Place the freestanding base on a level, stable surface. The base must be filled with either water or sand to ensure stability during use. Sand is generally recommended for maximum stability. Locate the fill cap on the top of the base, unscrew it, and fill the base completely. Once filled, securely screw the cap back into place to prevent leakage.

2. **Attach the Heavy Bag:** Carefully align the bottom of the heavy bag (upper section) with the top of the freestanding base. The bag features a sturdy connection point designed to fit securely into the base. Push down and twist the heavy bag until it is firmly seated and locked into position. Ensure there is no wobble or looseness at the connection point.



Figure 2: Detail of the secure connection mechanism between the heavy bag and its base.



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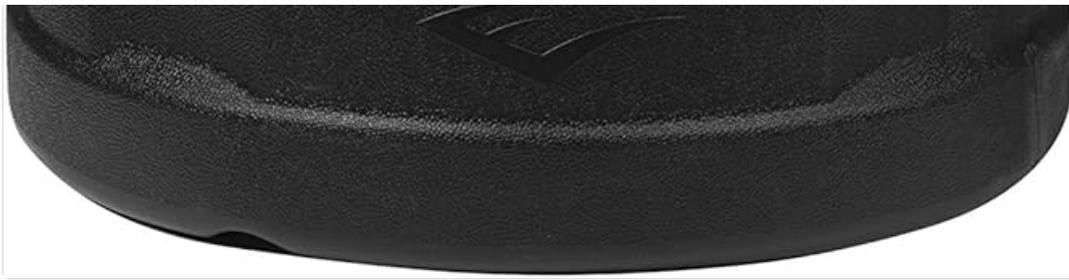


Figure 3: The integrated handle on the base allows for easier relocation of the heavy bag.

Once assembled, gently push and pull the heavy bag to confirm it is stable and does not tip easily. If the bag slides on smooth surfaces, consider placing it on a non-skid mat.

4. OPERATING INSTRUCTIONS

The Everlast Elite Freestanding Heavy Bag is designed for boxing, martial arts, and fitness training. Its high-density foam construction provides maximum impact absorption.

- **Warm-up:** Always perform a proper warm-up before starting your training session to prepare your muscles and reduce the risk of injury.
- **Stance and Technique:** Maintain a balanced stance and use proper punching and kicking techniques. Focus on form over power, especially when starting.
- **Hand Protection:** Always wear boxing gloves or hand wraps to protect your hands and wrists from impact.
- **Relocation:** The base includes a handle for easy relocation. When moving the bag, ensure the base is securely sealed to prevent spills.



Figure 4: The Everlast Elite Freestanding Heavy Bag ready for training.

5. MAINTENANCE

Proper maintenance will extend the life of your Everlast Elite Freestanding Heavy Bag.

- **Cleaning:** Wipe down the heavy bag and base with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use a mild soap solution and then wipe dry. Avoid harsh chemicals or abrasive cleaners.
- **Inspection:** Regularly check the connection point between the bag and the base for any signs of wear or looseness. Ensure the base fill cap is tight.
- **Storage:** Store the heavy bag in a cool, dry place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- **Bag feels unstable or tips easily:** Ensure the base is completely filled with water or sand. Check that the heavy bag is securely attached to the base.
- **Bag slides on the floor:** Place the heavy bag on a non-skid mat or carpeted surface to prevent movement during intense training.
- **Squeaking or creaking sounds:** Check the connection point for any debris or misalignment. Re-seat the bag if necessary.

7. SPECIFICATIONS

Feature	Detail
Model Number	P00001656
Brand	Everlast
Product Dimensions (L x W x H)	62.23 x 62.23 x 119.38 cm (24.5"W x 47"H)
Item Weight (empty)	11.6 kg
Outer Material	Vinyl
Base Material	Plastic
Color	Red/Black
Age Range	Adult
UPC	009283599706



119.38cm



62.23cm

Figure 5: Product dimensions of the Everlast Elite Freestanding Heavy Bag.

8. WARRANTY INFORMATION

For detailed warranty information regarding your Everlast Elite Freestanding Heavy Bag, please refer to the warranty card included with your purchase or visit the official Everlast website. Warranty terms and conditions may vary by region.

9. SUPPORT

If you have any questions, require assistance with assembly, or need to report a problem, please contact Everlast customer support through their official website or the contact information provided with your product documentation.

You can also visit the [Everlast Store on Amazon](#) for more product information and support resources.