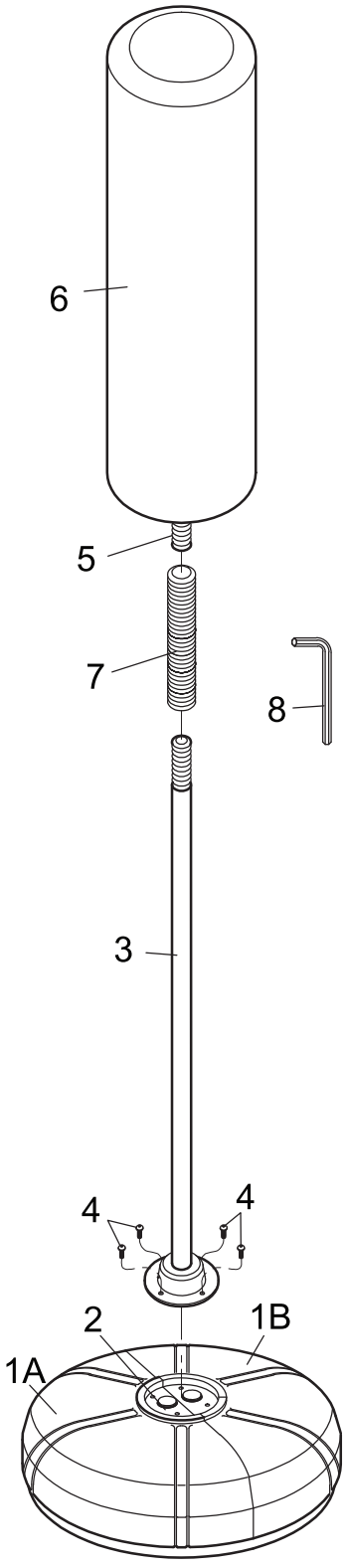
1500004 CARDIO FITNESS TRAINING BAG ASSEMBLY INSTRUCTIONS

*USER MAX. WEIGHT: 70 KGS

C1 2014.04.09

All tools required for assembly included

ASSEMBLY DIAGRAM



For Consumer Use Only

PARTS LIST

No.	Description	Quantity
1A	Half Base A	1
1B	Half Base B	1
2	Rubber Caps	2
3	Main Pole	1
4	Bolt 3/8" x 16mm.	4
5	Bag Attachment	1
6	Foam Bag	1
7	Spring	1
8	Allen Wrench M8 x 65.3mm	1

*Fill both half base A & half base B with 1/2 Water & 1/2 Sand or gravel into the Base, Alternatively, fill both base A and base B with 100% sand (or gravel) to make the base heavier and more stable.

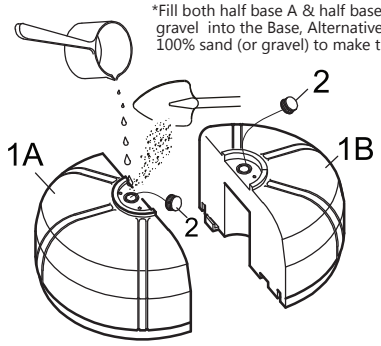


FIGURE A

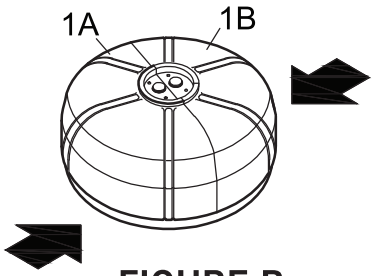


FIGURE B

Step 1:
Fill both half base A & half base B with 1/2 Water & 1/2 Sand or gravel into the Base, Alternatively, fill both base A and base B with 100% sand (or gravel) to make the base heavier and more stable. Then insert Rubber Caps (2) as shown in Figure A.

Step 2:
Assemble the Bases (1A & 1B) as shown in Figure B, interlocking the tabs on the bottom.

Step 3:
Attach Main Pole (3) to the top of combined Bases (1A & 1B) with four Bolts 3/8" in x 16mm (4) using the Allen wrench M8 x 65.3mm (8). Once all 4 bolts are loosely tightened, go back and tighten them completely.

Step 4:
Screw the Spring (7) on to the Main Pole (3).

Step 5:
Screw the Bag Attachement (5) on to the Main Pole (3).
Bag is now assembled.

WARNING:
The EVERLAST Cardio Fitness Bag is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the fitnesss 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. Before each and every use be sure the equipment is in good condition and properly fastened.

Safety Guidelines and warning:

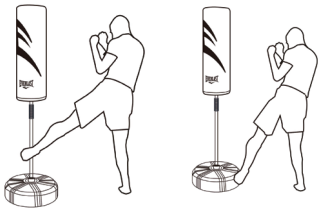
Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination. The instruction must be read in full before assembly and / or use of this product.
WARNING – YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY – THIS LIST IS NOT EXHAUSTIVE. Work within your recommended exercise level, do NOT work to exhaustion. Injuries to health may result from incorrect or excessive training.
If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.
After eating, allow 1 – 2 hours before exercising as this will help to prevent muscle strain.

Assemble and operate the equipment on a solid, level surface, ensure that the product is stable before use. The safety level of this equipment can only be maintained only if it is regularly always replace damaged / worn components with original parts from the manufacturer. The safety level of the equipment can be maintained only if it is regulry examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts bushes, chains, wheels, bearing & points etc.
Replace defective components immediately, and / or keep the equipment out of use until it is repaired. It is important that you keep these instructions for further reference. Always check that any pins / fixings are tight and secure before use and / or after adjustment. Special attention to components most susceptible to wear. Special attention should be taken to inspect these components before use. To avoid from danger, wear proper workout gloves, hand wraps and etc. when using the equipment.

◯ Correct punching postures



☒ Incorrect punching posture



◯ Push the base to move the product



☒ No bending while moving



Keeping unsupervised children away from the equipment. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be take into account. They should be controlled and instructed in the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.

Never overload the equipment – the maximum user load is displayed on the product label. Do not wear shoes with sharp surface or high heels. And remove all personal jewelry before exercising. Don't rock the unit from side to side. Care should be taken when using and disusing this unit. Always allow a clear space measuring at least 1 m wide and 1 m long directly front/behind the equipment. Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT DIRECTLY
Importer/Customer service address:
FCSI LIMITED
Unit 10 The Mansley Bus Centre Timothy's Bridge Road Stratford Upon Avon CV37 9NQ UK
Phone 01789 207357

Manufacturer/ Supplier:
PANG MEI SPORT CO.,LTD.
NO.368, FUDAO RD., LUGANG TOWNSHIP CHANGHUA COUNTY 50562 Taiwan
Phone 886 4 25391071

Class H
Item no.1500004
The weight limit for this Cardio Fitness training bag is 155 lbs (70 kgs).
Manufacture date: JUN 2017