



Assembly For
 Johnny Socktomee™
 Free Standing Heavy Bag

Congratulations! You have just purchased the EVERLAST Free Standing Heavy Bag. Please read over the instructions carefully prior to assembly.

Prior to Assembly:
 Place the EVERLAST Free Standing Heavy Bag at your desired location.
 Remove all components from the box and base.

It is strongly recommended that bag gloves are worn when using the EVERLAST Free Standing Heavy Bag.

We want you to know that every part has been thoroughly inspected and double-checked to ensure trouble-free assembly.

It is important that you follow all instructions carefully.

Be sure that all bolts and nuts are aligned properly before tightening them. When installation is complete, make sure all parts are snugs and that this Free Standing Heavy Bag is rigidly erected and properly ready for use.

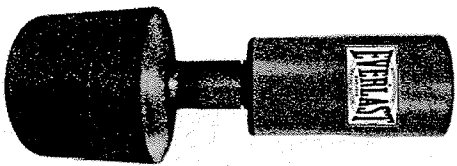
If at any time you find any part is worn, fatigued, or becomes defective, cease use of this Free Standing Heavy Bag and write to EVERLAST to provide you with any replacement parts at a nominal charge.

WARNING: Failure to follow instructions herein may be cause for serious injury. Boxing is an invigorating yet strenuous exercise. Before starting any workout routine consult with your physician.

Before each use please inspect to make sure that the Free Standing Heavy Bag is in good working order and that all bolts are tightened.

As with any sport, the participant is subject to a certain amount of risk. Boxing, by its very nature, contains an element of risk of injury for which the user of the EVERLAST Free Standing Heavy Bag must be responsible.

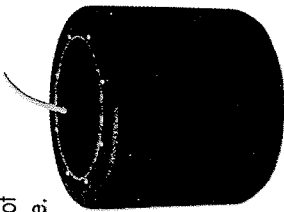
The EVERLAST Free Standing Heavy Bag is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the heavy bag to use it, instruct them on the basics. The user must accept full responsibility for the safe and proper assembly and use of all equipment.



Part Number	Quantity	Components
JS-1	1	Base
JS-2	1	Gasket
JS-3	16	Bolts
JS-4	16	Lock Washers
JS-5	16	Flat Washers
JS-6	1	Flex Neck
JS-7	1	Connecting Pole
JS-8	1	Adjusting Pole
JS-9	1	Connecting Tube
JS-10	1	Shell
JS-11	1	Thick Round Foam
JS-12	1	Bolt Cover
JS-13	1	Thin Outer Foam
JS-14	1	Center Layer Foam
JS-15	1	Air Chamber Foam
JS-16	1	Allen Wrench
JS-17	3	Pieces Of Tape

Base Assembly

1. Fill base with water. We recommend filling base until water is two inches from the top of the base.



2. Place sealing ring onto the base.

A. Line up sealing ring.

B. Use 8 bolts, 8 lock washers, 8 flat washers.

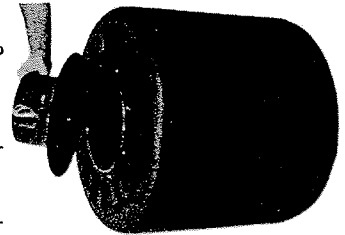
C. Place lock washer on bolt first then add the flat washer so that the flat washer will sit on the plastic base

D. Screw all 8 bolts loosely until all 8 bolts are in position in sealing ring.

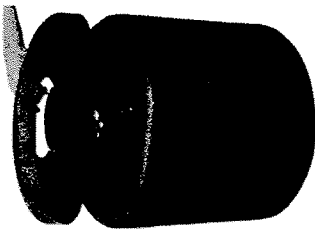
E. Secure all bolts tightly using provided Allen Wrench.



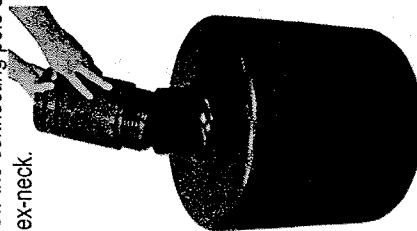
3. Place the Flex neck onto the sealing ring. Repeat steps A through E in step 2.



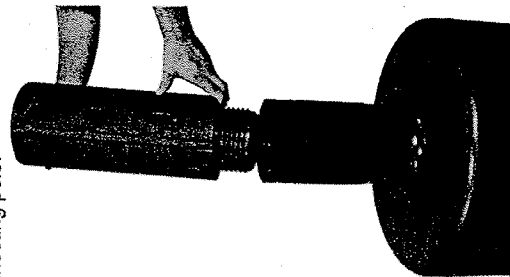
4. Place bolt cover on base.



5. Screw the connecting pole onto the Flex-neck.

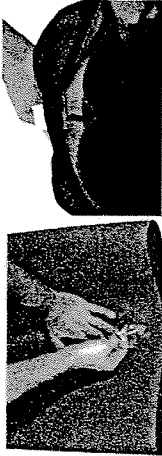


6. Screw the adjusting pole into the connecting pole.



Heavy Bag Assembly

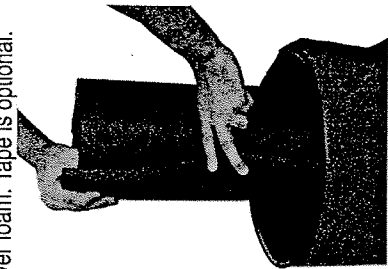
1. Roll the thin large rectangular foam so that the two ends of the foam meet evenly, tape both ends together before inserting into the heavy bag outer shell. Insert foam so that foam seam lines up with the seam of the outer shell. The foam will insert easily if folded, inserted, then unfolded.



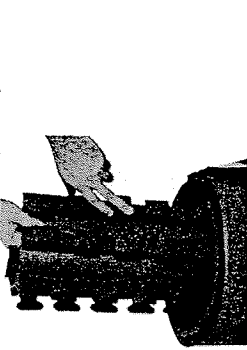
2. Take the thick round foam and insert it into the heavy bag shell vertically until it is half way down. Then begin pushing down on one side of the foam, turning the foam piece sideways and pushing it into the bottom of the heavy bag shell.



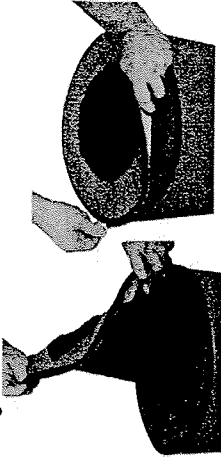
3. Take the center layer foam; roll it and insert it inside the heavy bag shell. Line up the seam of the center foam opposite to the seam of the outer layer foam. Tape is optional.



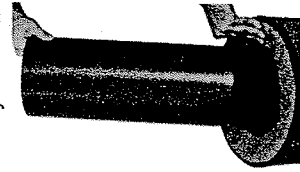
4. Take Air Chamber Foam, roll tightly and overlap, insert into bag with the pattern facing outward. Places seam on opposing side as center foam seam. Open Air Chamber Foam so that the ends meet. Tape is optional.



5. Zip up heavy bag shell and insert black lining into shell.



6. Insert black cylinder into center.



7. Place on adjusting pole to desired height.

