



# INSTALLATION INSTRUCTIONS FOR DOUBLE-END BAG

## 1. INFLATE THE DOUBLE END BAG AS FOLLOWS:

- A. Use a hand inflator or one made expressly for athletic balls. DO NOT USE gas station air, or air from a high-pressure compressor.
- B. Moisten the inflating needle [not supplied] and insert carefully into the valve opening at the bottom of the bag with a 'screwing' motion. Be sure the needle is inserted as far as it will go.
- C. Inflate the D/E bag slowly to permit the bladder to form to the shape of the bag. NOTE: Inflate the D/E bag to a maximum of 4lbs. Be sure not to over / underinflate for best results.

## 2. INSTALLATION OF CEILING / FLOOR FIXTURES:

- A. Plan to locate the ceiling / floor fixtures at least four [4'] feet away from the wall to provide you with 360° action.
- B. Be sure that the ceiling fixture is located in a straight line above the floor fixture. **NOTE:** Due to the wide variety of construction materials in the floor and ceiling we are unable to provide a 'standard' fixture. For a wood ceiling beam and/or a wood floor we can provide model #4680 Ceiling / Floor fixture. Or, we can provide model #4689 I-Beam attachment. Both are available at most sporting goods dealer stores.
- C. Install the ceiling fixture securely in place. Now install the floor fixture securely in place. To avoid injury be sure these fixtures are suitably fastened and will not pull loose. This should be checked before each use.
- D. Tie the 'DURALON' sash cord securely to the top of the D / E bag. Now securely tie the elastic shock-cord to the loop at the bottom of the D / E bag.
- E. Secure the 'DURALON' sash cord to the ceiling fixture. Now securely fasten the shock-cord to the floor fixture. **BE VERY CAREFUL TO AVOID SERIOUS INJURY.** Do not allow the shock cord to snap free from your hands as this might cause you serious injury.
- F. Adjust the height of your D / E bag so that the bottom of the bag is at level with your chin. Any necessary adjustment should be made with the 'DURALON' sash cord.

**WARNING:** To avoid serious injury it is important that you adhere to the following guidelines:

- A. Make sure that you use suitable hardware for installation on the ceiling and floor. Re-check before each use to make sure that hardware is securely fastened.
- B. Be sure to install your Double-End bag in an unobstructed area so that you don't get 'bumped.'
- C. Do not use this equipment if any part becomes worn, fatigued, or defective. Write to Everlast for replacement parts at a nominal charge.

**Carefully follow all of the instructions contained herein. When using this equipment, be sure you are in good physical condition and are under expert supervision. Before each use make sure the equipment is in good condition and is properly fastened.**

**Use of any sports equipment subjects the user to a degree of risk. Users of this equipment assume all risk of injury.**