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## **Everlast 4813BDTC**

# **Everlast 2-Station Heavy Bag Stand User Manual**

Model: 4813BDTC

## **INTRODUCTION**

Thank you for choosing the Everlast 2-Station Heavy Bag Stand. This stand is designed to provide a stable and durable platform for both heavy bag and speed bag training. Constructed from rugged, powder-coated steel tubing, it offers maximum durability and supports heavy bags up to 100 pounds. The adjustable height speed bag platform accommodates all speed bag sizes, making it a versatile addition to your training regimen.

## **SAFETY INFORMATION**

Please read and understand all safety warnings and instructions before assembling and using this product. Failure to do so may result in serious injury.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum heavy bag weight limit of **100 pounds**.
- Maintain a clear space of at least **4 feet (1.2 meters)** to the sides and **6 feet (1.8 meters)** to the front/back of the stand during use.
- Ensure a minimum ceiling clearance of **7 feet 3 inches (2.2 meters)**.
- This product is **not recommended for outdoor use**. Exposure to elements can compromise its structural integrity and finish.
- Always use appropriate protective gear, such as boxing gloves and hand wraps, when training.
- Keep children and pets away from the stand during use.
- Inspect the stand regularly for any signs of wear, damage, or loose components. Discontinue use if any damage is found.

## PACKAGE CONTENTS

Verify that all parts are present before beginning assembly. If any parts are missing or damaged, do not proceed with assembly and contact Everlast customer support.

- Main Frame Components (various steel tubes)
- Speed Bag Platform
- Heavy Bag Arm with Hook
- Hardware Kit (bolts, nuts, washers, wrenches)
- Weight Pegs (3 included)
- Assembly Instructions Manual

*Note: Heavy bag, speed bag, and weight plates are **not included** with this stand.*

## SETUP AND ASSEMBLY

Assembly typically requires two adults. Lay out all components on a clean, flat surface before starting.

### 1. Step 1: Assemble the Base Frame

Connect the horizontal base bars to the vertical support posts using the provided bolts and nuts. Ensure all connections are snug but do not fully tighten yet.

### 2. Step 2: Attach Upright Post

Secure the main upright post to the assembled base. This post will support both the heavy bag arm and the speed bag platform.

### 3. Step 3: Install Heavy Bag Arm

Attach the heavy bag arm to the designated point on the upright post. Ensure the hook for the heavy bag is facing outwards.

### 4. Step 4: Mount Speed Bag Platform

Slide the speed bag platform onto the upright post. Adjust its height to your preference and secure it with the locking mechanism. The platform should be at a height where the top of the speed bag is level with your chin.

### 5. Step 5: Install Weight Pegs

Insert the three weight pegs into their respective holes on the base of the stand. These pegs are designed to hold weight plates (not included) for added stability.

### 6. Step 6: Final Tightening

Once all components are in place and the stand is upright, systematically tighten all bolts and nuts using the provided wrenches. Ensure the stand is stable and does not wobble.

### 7. Step 7: Attach Bags

Hang your heavy bag (up to 100 lbs) from the heavy bag hook. Attach your speed bag to the swivel on the speed bag platform.





Image: The Everlast 2-Station Heavy Bag Stand, showcasing its complete assembly with both heavy bag and speed bag stations. This image provides a clear view of the stand's structure and design.



Image: A diagram illustrating the key dimensions of the Everlast Heavy Bag Stand, including its height of 87 inches and width of 66.5 inches. This helps users understand the space requirements for the stand.

## OPERATING INSTRUCTIONS

Once assembled and stable, the Everlast 2-Station Heavy Bag Stand is ready for use.

- **Heavy Bag Training:** Hang your heavy bag from the designated hook. Ensure the bag's weight does not exceed 100 lbs. Use proper form and protective gear.
- **Speed Bag Training:** The speed bag platform's height can be adjusted to suit your stature. The top of the speed bag should be approximately at chin level. Practice rhythmic punching to improve hand-eye coordination and speed.
- **Stability:** For enhanced stability, especially during intense workouts, place standard weight plates (not included) onto the three weight pegs located at the base of the stand.



Image: A user actively engaged in heavy bag training, demonstrating the stand's functionality during a workout. The heavy bag is suspended from the stand, and the user is wearing boxing gloves.



Image: Another view of a user performing punches on the heavy bag, highlighting the stability of the Everlast stand during dynamic movements. The speed bag platform is also visible in the background.

## MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Everlast Heavy Bag Stand.

- **Cleaning:** Wipe down the steel frame with a damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Bolt Check:** Periodically check all bolts and nuts for tightness. Re-tighten as necessary to prevent wobbling and ensure structural integrity.
- **Rust Prevention:** As the stand is made of powder-coated steel, it is resistant to rust, but avoid prolonged exposure to moisture. If used in a humid environment, consider applying a rust-inhibiting spray to exposed metal parts.
- **Storage:** If not in use for extended periods, store the stand in a dry, indoor environment.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Stand wobbles during use	Loose bolts; uneven floor; insufficient weight on pegs	Tighten all bolts; move to a level surface or use shims; add weight plates to pegs.
Speed bag platform is not stable	Locking mechanism not fully engaged; loose bolts	Ensure locking mechanism is securely fastened; check and tighten platform mounting bolts.
Squeaking noises	Loose connections; metal-on-metal friction	Tighten all bolts; apply a small amount of lubricant (e.g., silicone spray) to pivot points or joints if necessary.

## SPECIFICATIONS

- **Model:** 4813BDTC
- **Brand:** Everlast
- **Material:** Powder-coated Steel Tubing
- **Color:** Black
- **Assembled Dimensions (W x H x D):** Approximately 47.6 inches x 87 inches x 66.5 inches (120.9 cm x 221 cm x 168.9 cm)
- **Heavy Bag Weight Limit:** 100 lbs (45.36 kg)
- **Product Weight (approx.):** 53 lbs (24.04 kg)
- **Clearance Space Required:** Side: 4 ft (1.2 m), Front/Back: 6 ft (1.8 m), Ceiling: 7 ft 3 in (2.2 m)
- **UPC:** 009283561215, 009283546861

## WARRANTY AND SUPPORT

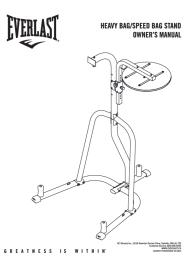
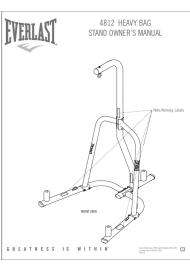
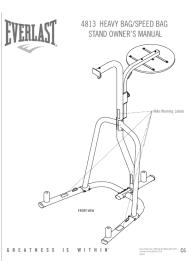
Everlast products are manufactured to high standards and are backed by a commitment to quality. For specific warranty details, please refer to the warranty card included with your purchase or visit the official Everlast website.

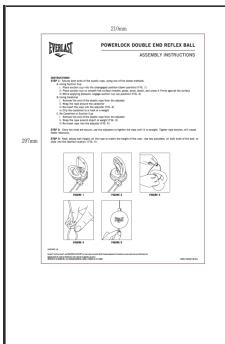
If you encounter any issues with your Everlast 2-Station Heavy Bag Stand, require replacement parts, or have questions not covered in this manual, please contact Everlast customer support:

- **Website:** [www.everlast.com](http://www.everlast.com)
- **Customer Service:** Refer to the contact information provided on the Everlast website or your product packaging for phone and email support.

Please have your model number (4813BDTC) and proof of purchase ready when contacting support.

## Related Documents - 4813BDTC

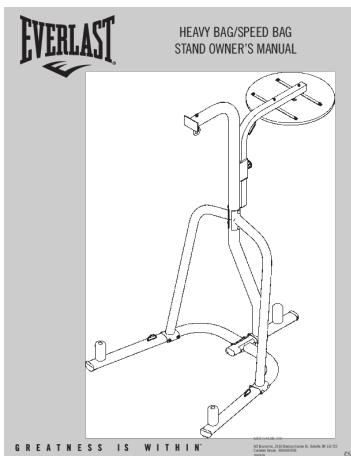
	<p><a href="#"><u>Everlast Heavy Bag/Speed Bag Stand Owner's Manual</u></a></p> <p>This owner's manual provides assembly instructions and usage guidelines for the Everlast Heavy Bag/Speed Bag Stand. It includes a parts list, assembly steps with diagrams, and safety warnings.</p>
	<p><a href="#"><u>Everlast 4812 Heavy Bag Stand Owner's Manual &amp; Assembly Guide</u></a></p> <p>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.</p>
	<p><a href="#"><u>Everlast 4813 Heavy Bag/Speed Bag Stand Owner's Manual &amp; Assembly Guide</u></a></p> <p>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.</p>
	<p><a href="#"><u>Everlast 2228 Powercore Freestanding Heavy Bag Owner's Manual &amp; Assembly Guide</u></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="#"><u>Everlast Thunder 215 Operator's Manual: Safety, Setup, and Use Guide</u></a></p> <p>Comprehensive operator's manual for the Everlast Thunder 215 welder, covering safety, setup, operation, specifications, and troubleshooting for MIG, TIG, and Stick welding processes.</p>



### [Everlast Powerlock Double End Reflex Ball Assembly Instructions](#)

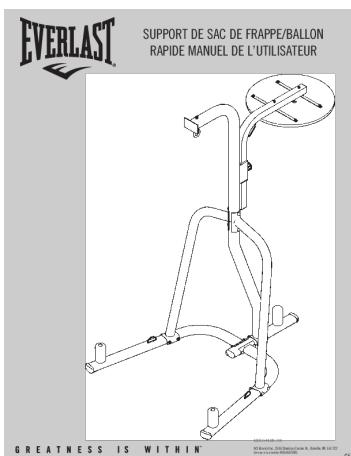
Step-by-step assembly instructions for the Everlast Powerlock Double End Reflex Ball, detailing methods for securing the elastic rope using suction cups or carabiners, and adjusting the ball's height for optimal use.

Documents - Everlast – 4813BDTC



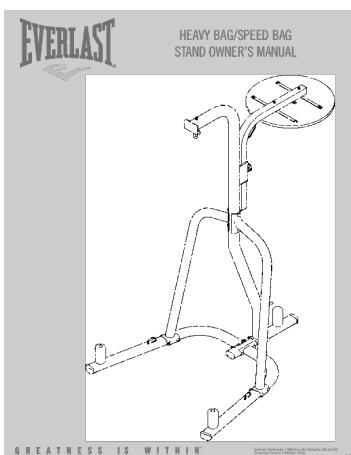
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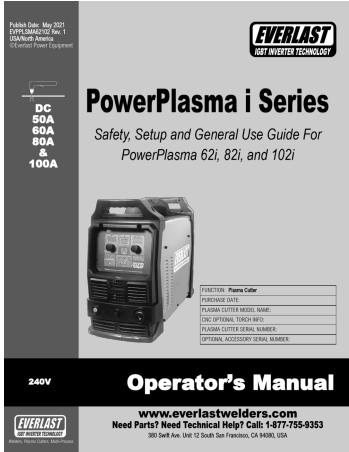
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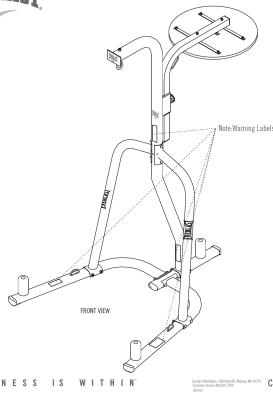
Operator's Manual for the PowerTig 250EX Safety, Setup and General Use Guide

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STAND OWNER'S MANUAL



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