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› Everlast Heavy Bag Stand Instruction Manual

Everlast 4812BDTC

Everlast Heavy Bag Stand Instruction Manual

Model: 4812BDTC | Brand: Everlast

1. PRODUCT OVERVIEW

The Everlast Heavy Bag Stand is designed to provide a stable and durable platform for your heavy bag workouts. Constructed with heavy-duty, powder-coated steel tubing, it ensures maximum strength and longevity. This stand is ideal for athletes and users looking to enhance their powerful, intense workouts and daily routines in home gyms or fitness centers.

It features three weight plate pegs for enhanced stability, accommodating heavy punching bags weighing up to 100 pounds. Its versatile design supports various boxing, mixed martial arts, kickboxing, and general fitness training.

2. FEATURES

- **Bag Stand for Exercise:** Ideal for athletes and users for powerful, intense workouts and daily routines in home gyms, fitness centers, and more.
- **Superior Stability:** Features heavy-duty, powder-coated steel tubing for superior stability that withstands your toughest workouts.
- **Maximum Durability:** Includes 3 weight plate pegs for maximum strength, durability, and longevity of your equipment.
- **Easy to Set Up:** Simple assembly process with minimal effort required. Designed to hold heavy punching bags up to 100 pounds.
- **Versatile Fitness Tool:** Enhances cardio, leg conditioning, and hand-eye coordination.

3. SETUP AND ASSEMBLY

The Everlast Heavy Bag Stand is designed for straightforward assembly. It is recommended to have two people for easier setup, though it can be assembled by one person. All necessary tools are included.

Important Tip: When assembling, do not fully tighten any bolts until all components are loosely fitted together. This allows for proper alignment of all parts. Once all bolts are in place, proceed to tighten them methodically, starting from the base upwards, to ensure a secure and stable structure.

For optimal stability during intense workouts, utilize the three weight plate pegs located on the base. Placing standard weight plates (up to 17 inches) on these pegs will significantly reduce movement and enhance the stand's stability.



Figure 3.1: The Everlast Heavy Bag Stand, showcasing its robust black steel frame and design for supporting a heavy bag.

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Video 3.1: Official product video demonstrating the features and stability of the Everlast Heavy Duty Powder Coated Steel Heavy Bag Stand.

4. OPERATING INSTRUCTIONS

Once assembled and stabilized, the Everlast Heavy Bag Stand provides a secure platform for various striking techniques. Ensure your heavy bag is properly attached to the stand's hook using its chains or straps.

When performing punches, kicks, knees, or elbows, the wide base and optional weight plates will help minimize movement of the stand, allowing for consistent and powerful training. Always maintain proper form and wear appropriate protective gear, such as boxing gloves or hand wraps, to prevent injury.

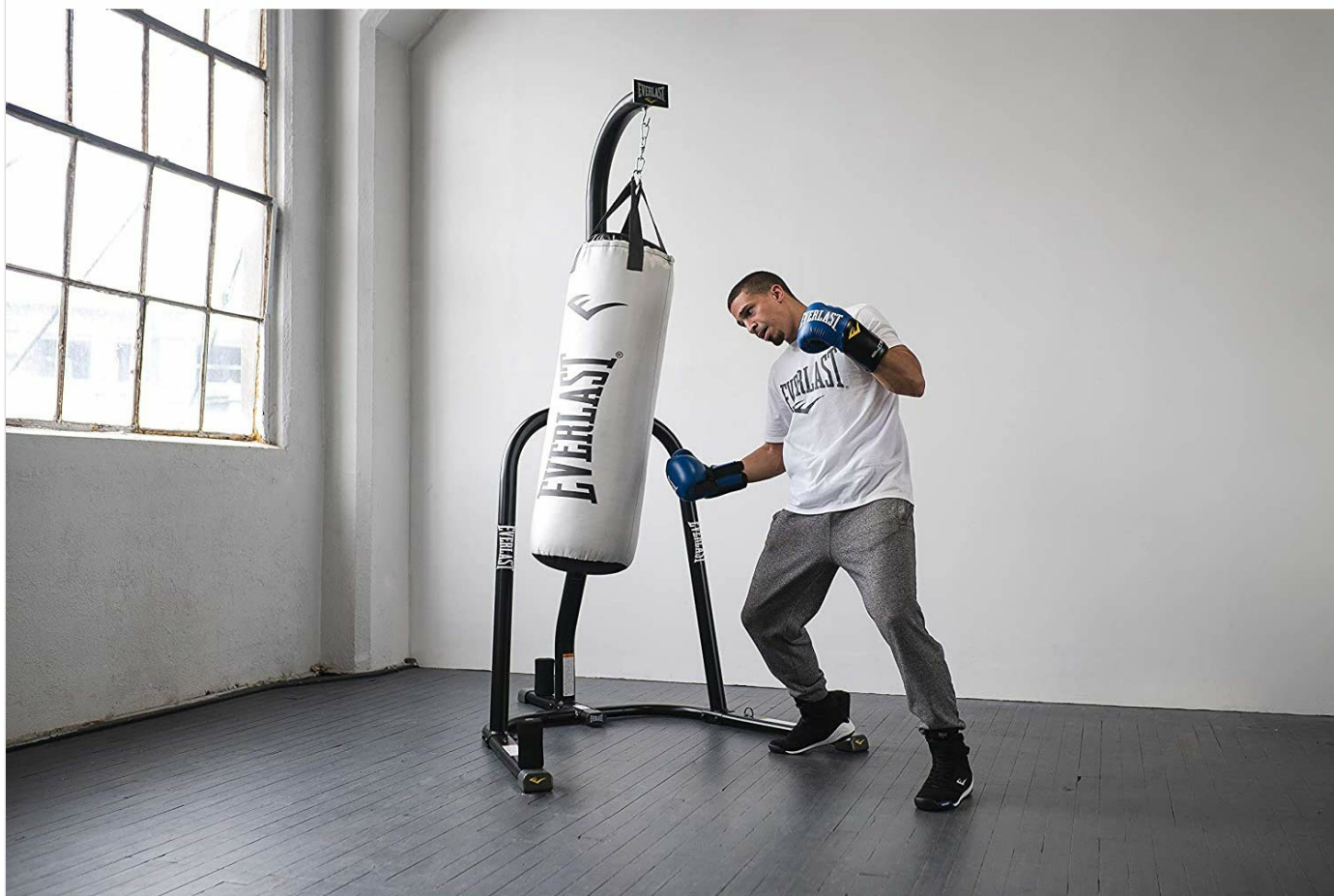


Figure 4.1: An individual demonstrating proper use of the Everlast Heavy Bag Stand during a workout session.

5. MAINTENANCE

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

- **Inspect Bolts:** Periodically check all bolts and connections to ensure they are tight. Retighten any loose bolts to maintain structural integrity.
- **Clean Frame:** Wipe down the steel frame with a damp cloth to remove dust, sweat, and grime. Avoid abrasive cleaners that could damage the powder-coated finish.
- **Check Hook and Chains:** Inspect the heavy bag hook and any chains or straps for signs of wear, rust, or damage. Replace worn components immediately.
- **Storage:** If storing the stand for an extended period, ensure it is clean and dry to prevent rust. Store in a cool, dry place.

6. TROUBLESHOOTING

If you encounter any issues with your heavy bag stand, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Stand wobbles during use.	Loose bolts; insufficient weight on pegs; uneven surface.	Ensure all assembly bolts are securely tightened. Add weight plates to the pegs. Move the stand to a flat, level surface.
Squeaking or creaking noises.	Loose connections; metal-on-metal friction.	Check and tighten all bolts. Apply a small amount of silicone lubricant to connection points if noise persists.
Heavy bag swings excessively.	Improper striking technique; stand not adequately weighted.	Focus on controlled strikes. Ensure weight plates are used on the pegs to anchor the stand.

7. SPECIFICATIONS

Attribute	Detail
Brand	Everlast
Model Name	Single-station stand
Part Number	4812BDTC
Material	Powder-coated steel tubing
Color	Black
Item Weight	200 Grams <i>(Note: This seems unusually low for a stand, likely refers to packaging weight or a component. The package weight is 25 kg.)</i>
Weight Limit	100 Pounds (for heavy bag)
Frame Type	A-Frame
Dimensions (L x W x H)	69 x 48.25 x 84.13 inches
Included Components	Heavy bag stand, 3 weight plate pegs
Sport Type	Boxing, Mixed Martial Arts, Kickboxing, Fitness
UPC	009283546854, 018713629050

8. WARRANTY INFORMATION

Everlast warrants its products to be free from defects in materials and workmanship for a period of 120 days from date of purchase, provided they have not been subjected to obvious abuse, neglect, or misuse. Everlast's sole liability is limited to repairing or replacing products that are returned within this 120-day period, unless specific product literature specifies otherwise.

9. SUPPORT

For further assistance, product inquiries, or technical support, please visit the official Everlast website or contact their customer

service department. Keep your purchase receipt and model number handy for faster service.
You can also refer to the [Everlast Store on Amazon](#) for additional product information and resources.