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› Everlast Single Station Heavy Bag Stand with 70-lb. Heavy Bag Kit Instruction Manual

## **Everlast Single Station Heavy Bag Stand with 70-lb. Heavy Bag Kit**

# **Everlast Single Station Heavy Bag Stand with 70-lb. Heavy Bag Kit**

Instruction Manual

## **1. PRODUCT OVERVIEW**

The Everlast Single Station Heavy Bag Stand with a 70-lb. Heavy Bag Kit is designed to provide a stable and effective platform for boxing and fitness training. This bundle offers a complete setup for your home gym, combining a durable stand with a versatile heavy bag and essential accessories.

The heavy bag stand is constructed from high-quality powder-coated steel tubing, ensuring long-term strength and durability. It features three weight plate pegs for enhanced stability and can support any size bag up to 100 lbs. Its dimensions are 57"L x 47.6"W x 88.2"H, making it suitable for various training spaces.

The included 70-lb. heavy bag kit is ideal for cardio and arm workouts. It comes with the 70-pound heavy bag itself, a ceiling bracket mount with chain assembly for alternative hanging options, Everlast boxing gloves, and hand wraps. The heavy bag measures 12" in diameter and 36" in height.



Image: Everlast Single Station Heavy Bag Stand with 70-lb. Heavy Bag Kit. This image displays the white heavy bag stand and the white Everlast heavy bag, illustrating the complete product setup.

## 2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the heavy bag stand is assembled correctly and all bolts are securely tightened before use.
- Place the stand on a flat, stable surface.
- Utilize the weight plate pegs by adding appropriate weight plates (not included) to enhance stability, especially during intense workouts.
- Wear appropriate protective gear, including boxing gloves and hand wraps, to prevent injury.
- Keep children and pets away from the heavy bag during use.

- Inspect the stand and bag regularly for any signs of wear or damage. Discontinue use if damage is found.

### 3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Everlast Single-Station Heavy Bag Stand (powder-coated steel tubing)
- 70-pound Heavy Bag
- Bracket Mount
- Chain Assembly
- Everlast Boxing Gloves
- Hand Wraps
- Assembly Hardware (bolts, nuts, washers, etc.)
- Instruction Manual (this document)

### 4. SETUP AND ASSEMBLY

The Everlast Single-Station Heavy Bag Stand is designed for easy assembly. It is recommended to have two people for certain steps, especially when hanging the heavy bag.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the package contents list to ensure nothing is missing.
2. **Assemble Base:** Connect the base frame components according to the diagrams provided in the separate assembly guide (if applicable). Ensure all connections are secure.
3. **Attach Upright Support:** Securely attach the main upright support to the assembled base.
4. **Install Heavy Bag Arm:** Mount the heavy bag arm to the top of the upright support, ensuring the hanging hook is properly oriented.
5. **Tighten All Hardware:** Double-check and tighten all bolts and nuts using the provided tools or your own professional tools for maximum security.
6. **Position the Stand:** Move the assembled stand to your desired training location. Ensure there is ample space around the stand for safe movement during workouts.
7. **Add Stability Weights (Optional but Recommended):** Place weight plates (not included) onto the three weight plate pegs at the base of the stand to increase stability and prevent movement during intense training.
8. **Hang the Heavy Bag:** Attach the chain assembly to the heavy bag. With assistance, lift the heavy bag and securely attach the chain assembly to the hanging hook on the stand's arm.
9. **Prepare Accessories:** Ensure your boxing gloves and hand wraps are ready for use.

## 5. OPERATING INSTRUCTIONS

Once assembled and stabilized, your Everlast Heavy Bag Stand and Kit are ready for use. Follow these guidelines for effective and safe training:

- **Warm-up:** Always begin your workout with a proper warm-up to prepare your muscles and reduce the risk of injury.
- **Wear Protection:** Always wear the provided Everlast boxing gloves and hand wraps to protect your hands and wrists.
- **Stance and Form:** Maintain a balanced stance and proper boxing form while striking the bag. Focus on technique over power initially.
- **Vary Your Strikes:** Practice a variety of punches (jabs, crosses, hooks, uppercuts) and combinations. The heavy bag is excellent for developing power, speed, and endurance.
- **Footwork:** Incorporate footwork drills around the bag to improve agility and movement.
- **Cool-down:** Conclude your training session with a cool-down and stretching to aid muscle recovery.
- **Listen to Your Body:** Do not overtrain. Rest when needed and gradually increase the intensity and duration of your workouts.

## 6. MAINTENANCE

Regular maintenance will prolong the life of your Everlast Heavy Bag Stand and Kit:

- **Clean the Bag:** Wipe down the heavy bag with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution if necessary, then wipe dry.
- **Inspect Hardware:** Periodically check all bolts, nuts, and connections on the stand to ensure they remain tight. Re-tighten as needed.
- **Check for Wear:** Inspect the heavy bag for any tears, cracks, or excessive wear. Check the chain assembly and hanging hook for signs of fatigue or damage.
- **Storage:** If storing for an extended period, ensure the bag and stand are clean and dry. Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **Lubrication:** Apply a small amount of lubricant to the swivel or hanging mechanism if it begins to squeak or stick.

## 7. TROUBLESHOOTING

Here are some common issues and their solutions:

- **Stand Wobbles During Use:**

*Solution:* Ensure the stand is on a level surface. Add weight plates to the weight pegs at the base of the stand to increase stability. Check all assembly bolts for tightness.

- **Heavy Bag Swings Excessively:**

*Solution:* This is normal during powerful strikes. Ensure the stand is properly weighted. Adjust your striking technique to control the swing.

- **Squeaking Noises:**

*Solution:* Apply a small amount of lubricant to the hanging hook or any moving joints on the stand.

- **Missing Parts During Assembly:**

*Solution:* Refer to the package contents list. If parts are genuinely missing, contact Everlast customer support with your purchase details.

## 8. SPECIFICATIONS

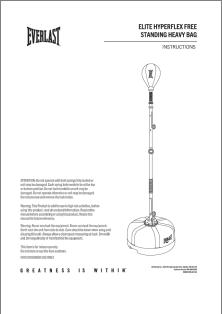
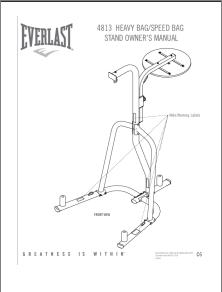
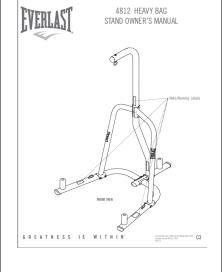
Feature	Detail
Brand	Everlast
Model	Single Station Heavy Bag Stand with 70-lb. Heavy Bag Kit
Stand Dimensions (L x W x H)	57" x 47.6" x 88.2"
Heavy Bag Weight	70 lbs (approx. 31.75 kg)
Heavy Bag Dimensions (Diameter x Height)	12" x 36"
Stand Material	Powder-coated Steel Tubing
Heavy Bag Outer Material	Vinyl
Max Stand Capacity	Up to 100 lbs
Color	Black (Bag), White (Stand)
Sport Type	Boxing, MMA
UPC	600599368941

## 9. WARRANTY AND SUPPORT

Everlast products are manufactured to high standards. For specific warranty information regarding your Everlast Single Station Heavy Bag Stand and 70-lb. Heavy Bag Kit, please refer to the warranty card included with your product or visit the official Everlast website. Keep your proof of purchase for any warranty claims.

For technical support, missing parts, or any other inquiries, please contact Everlast customer service through their official channels. Contact information can typically be found on the product packaging or their website.

## Related Documents - Single Station Heavy Bag Stand with 70-lb. Heavy Bag Kit

	<p><a href="#"><u>Everlast Elite Hyperflex Free Standing Heavy Bag: Instructions and Assembly Guide</u></a> Comprehensive instructions and assembly guide for the Everlast Elite Hyperflex Free Standing Heavy Bag. Learn how to set up, use, and adjust your punching bag for optimal training.</p>
	<p><a href="#"><u>Everlast 4813 Heavy Bag/Speed Bag Stand Owner's Manual &amp; Assembly Guide</u></a> 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 Heavy Bag/Speed Bag Stand Owner's Manual</u></a> 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 2228 Powercore Freestanding Heavy Bag Owner's Manual &amp; Assembly Guide</u></a> 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 4812 Heavy Bag Stand Owner's Manual &amp; Assembly Guide</u></a> 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>



### [Everlast Hydrostrike Air Core Heavy Bag Assembly Instructions](#)

Step-by-step assembly instructions for the Everlast Hydrostrike Air Core Heavy Bag, including filling with water and air, and important safety warnings.