

Everlast 4813BDTC

Everlast Dual-Station Heavy Bag Stand User Manual

Model: 4813BDTC

INTRODUCTION

The Everlast Dual-Station Heavy Bag Stand provides a versatile training solution for both speed and power workouts within the comfort of your home. Constructed from durable powder-coated steel tubing, this stand is designed to securely hold a heavy bag up to 100 lbs and features a dedicated station for a speed bag. Its robust design ensures stability during intense training sessions. This manual provides essential information for assembly, operation, maintenance, and troubleshooting to ensure safe and effective use of your heavy bag stand.

SAFETY INFORMATION

- Always consult with a physician before beginning any exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose fasteners.
- Place the stand on a flat, stable surface. Uneven surfaces can cause instability and potential injury.
- Keep children and pets away from the stand during use.
- Do not exceed the maximum weight capacity of 100 lbs for the heavy bag.
- Wear appropriate protective gear, such as boxing gloves and hand wraps, when using the heavy bag.
- Do not modify the stand in any way. Use only original replacement parts if needed.
- Be aware of your surroundings to avoid striking objects or people while training.

PARTS LIST

Before assembly, ensure all parts are present and undamaged. Refer to the included hardware packet for specific component identification.

- Main Frame Components (various steel tubes)
- Speed Bag Platform
- Heavy Bag Arm

- Weight Plate Pegs (3)
- Assembly Hardware (bolts, nuts, washers, wrenches)
- Instruction Manual



Image: Fully assembled Everlast Dual-Station Heavy Bag Stand, white powder-coated steel frame with heavy bag arm and speed bag platform.

SETUP AND ASSEMBLY

Assembly is required and can be completed with basic tools. It is recommended to have two adults for easier assembly, especially when attaching the speed bag platform due to its weight and height. Ensure you have ample space for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify all parts listed in the parts list are present.
2. **Assemble Base Frame:** Connect the horizontal and vertical base frame components using the provided bolts and nuts. Do not fully tighten bolts until all major sections are aligned.
3. **Attach Upright Posts:** Secure the main upright posts to the assembled base. Ensure they are oriented correctly according to the diagrams in the manufacturer's instructions.
4. **Install Heavy Bag Arm:** Attach the heavy bag arm to the designated upright post. Ensure the hanging mechanism is secure.
5. **Mount Speed Bag Platform:** Carefully lift and attach the speed bag platform to its designated upright post. This step may require assistance due to the weight and need for precise alignment. *Note: Do not tighten the pole until you've aligned all the screws to allow for necessary movement.*
6. **Install Weight Plate Pegs:** Screw the three weight plate pegs into their designated locations on the base frame. These are for adding stability weights (weights not included).
7. **Final Tightening:** Once all components are in place and aligned, systematically tighten all bolts and nuts using the provided wrenches. Ensure all connections are firm and secure.
8. **Placement:** Position the assembled stand on a level, stable surface. Ensure there is sufficient clearance around the

stand for safe use of both the heavy bag and speed bag. The stand's dimensions are 66.50"L x 47.5"W x 88" Hgt.

Tip: Some users have found that adding weight plates (e.g., 45lb plates on each heavy bag leg and 10lb plates on the speed bag end) or sandbags can significantly improve stability, especially with heavier bags or intense workouts.

OPERATING INSTRUCTIONS

The Everlast Dual-Station Heavy Bag Stand is designed for two primary training methods:

Using the Heavy Bag Station:

1. **Attach Heavy Bag:** Hang your heavy bag (up to 100 lbs) onto the hook provided on the heavy bag arm. Ensure the bag's hanging straps or chain are securely fastened.
2. **Stabilize (Optional but Recommended):** For optimal stability, especially with heavier bags or powerful strikes, place weight plates or sandbags on the designated pegs at the base of the stand.
3. **Begin Training:** Perform your desired heavy bag drills. Be mindful of the bag's swing to prevent it from hitting the stand's frame, which can cause movement.

Using the Speed Bag Station:

1. **Attach Speed Bag:** Secure your speed bag to the swivel mechanism on the underside of the speed bag platform. Ensure it is properly inflated and securely attached.
2. **Adjust Height:** If your speed bag platform is adjustable (refer to specific model features), set it to a comfortable height for your training. Typically, the bottom of the speed bag should be at eye level or slightly above.
3. **Begin Training:** Practice your speed bag rhythm and coordination. The platform is designed to provide a good rebound for effective training.

MAINTENANCE

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

- **Inspect Fasteners:** Periodically check all bolts, nuts, and screws for tightness. Re-tighten any that have become loose due to vibrations from use.
- **Clean Frame:** Wipe down the steel frame with a damp cloth to remove dust and sweat. Avoid abrasive cleaners that could damage the powder-coated finish.
- **Check for Wear:** Inspect the heavy bag hook and speed bag swivel for any signs of wear or damage. Replace components if they show significant wear.
- **Lubricate (if applicable):** If the speed bag swivel mechanism becomes stiff, apply a small amount of silicone-based lubricant.

TROUBLESHOOTING

- **Stand Wobbles During Use:**
 - Ensure the stand is on a completely flat and level surface.
 - Check all assembly bolts and nuts and tighten them securely.
 - Add weight plates or sandbags to the designated pegs for increased stability.
- **Speed Bag Platform Vibrates Excessively:**
 - Ensure all bolts securing the platform are fully tightened.

- Verify the speed bag swivel is properly attached and functioning.
- Adding weight to the speed bag side of the base can help dampen vibrations.
- **Difficulty Assembling:**
 - Refer to the detailed assembly instructions provided with the product.
 - Ensure not to fully tighten bolts until all major components are loosely assembled and aligned.
 - Seek assistance from another person, especially for larger or heavier components.

SPECIFICATIONS

Feature	Detail
Model Number	4813BDTC
Dimensions (L x W x H)	66.50" x 47.5" x 88"
Color	White
Material	Powder-coated steel tubing
Heavy Bag Capacity	Up to 100 lbs
Weight Plate Pegs	3
UPC	769471615891

WARRANTY AND SUPPORT

For specific warranty information and customer support, please refer to the warranty card included with your product or visit the official Everlast website. Keep your purchase receipt as proof of purchase for any warranty claims.
Everlast Official Website: www.everlast.com

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

Can a speed bag attachment be added to an existing Everlast heavy bag stand, such as the Everlast 4813BDTC?

Based on the documentation for the Everlast Dual-Station Heavy Bag Stand (Model 4813BDTC), this specific model is already designed as a dual-station unit that includes both a heavy bag arm and a dedicated speed...

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