



EVERLAST® 3 Station Heavy Bag/Speed Bag Stand

GENERAL INSTRUCTIONS

Model SM4796-3

We want you to know that every part has been thoroughly inspected and double-checked to ensure trouble-free assembly. All tools required for assembly are included.

The Everlast 3 Station Heavy Bag/Speed Bag Stand includes a Heavy Bag Station that supports hanging a heavy bag of up to 100 lbs. to be punched or kicked as part of a controlled fitness workout, a Speed Bag Station that supports hanging an inflatable speed bag to be punched as part of a controlled fitness workout and a Double-End Bag Station that supports attaching an inflatable double-end bag to be punched as part of a controlled fitness workout.

1. It is important that you follow all instructions carefully.
2. Begin the assembly from the bottom and work towards the top. **BE SURE THAT ALL BOLTS AND NUTS ARE ALIGNED PROPERLY BEFORE TIGHTENING THEM.** When installation is complete, make sure all parts are snug and that this 3 Station Heavy Bag/Speed Bag Stand is rigidly erected and properly ready for use.
3. If at any time you find any part is worn, fatigued or becomes defective - cease use of this 3 Station Heavy Bag/Speed Bag Stand and write to EVERLAST to provide you with any replacement parts at a nominal charge.

NOTE: The maximum weight of the heavy bag to be used on this unit must not exceed 150 pounds. Please use the chain enclosed with the Everlast 3 Station Heavy Bag/Speed Bag Stand. Do not use any other chain with this unit. To attach the speed bag to swivel, use a snap ring pliers or flat head screwdriver to open the removable link. Be sure to attach both ends of double-end bag with bungee cords.

WARNING: Failure to follow instructions herein may be cause for serious injury. Boxing is an invigorating yet strenuous exercise. Before starting any workout routine consult with your physician.

Before each use please inspect to make sure the stand is in good working order and that all bolts are tightened. Verify that both the heavy bag and the speed bag are hanging from the stand correctly. All S-hooks in the chain assembly should be closed or taped to prevent the bag from coming loose.

As with any sport, the participant is subject to a certain amount of risk. Boxing, by its very nature, contains an element of risk of injury for which the user of the Everlast Heavy Bag Stand must be responsible.

The Everlast 3 Station Heavy Bag/Speed Bag Stand is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the stand to use it, instruct them on the basics. Please read all warning labels on the stand arms. The user must accept full responsibility for the safe and proper assembly and use of all equipment.

PARTS LIST

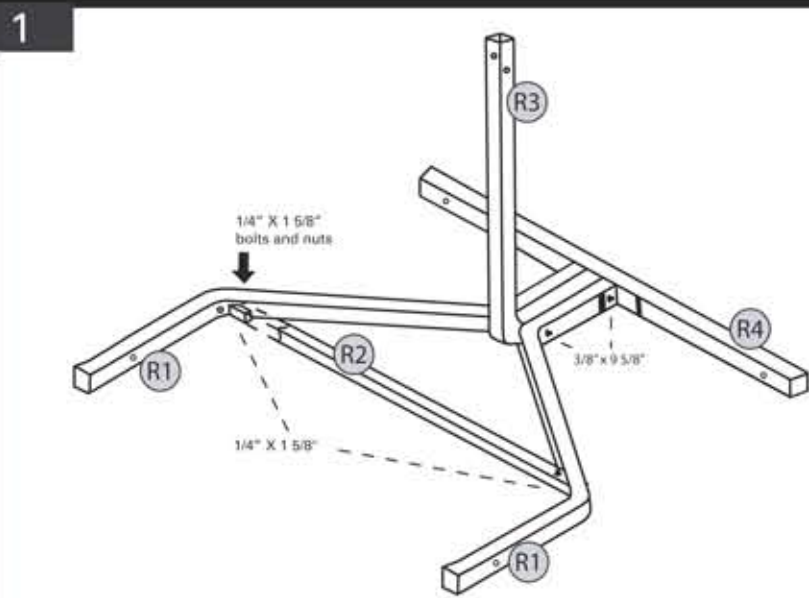
Part	Quantity	Description
R1	2	Bent legs
R2	1	Leg brace
R3	1	Bottom half upright tube
R4	1	Stabilizer leg
R5	1	Upright tube connector tube
R6	1	Top half upright tube
R7	2	Side braces
R8	1	Speed bag platform w/ countersunk holes
R9	1	Speed bag arm
R10	1	Double-End Bag Arm
R11	1	Bottom Bar
RA	1	Quadrant assembly
Bolt	2	3/8 X 9 5/8" hex head
Bolt	12	3/8 X 3 1/2" hex head
Bolt	4	3/8 X 3 3/8" hex head
Bolt	2	3/8 X 2" hex head
Bolt	2	1/4 X 2 1/4" round head
Bolt	2	1/4 X 1 5/8" round head
Bolt	4	1/4 X 1 1/4" round head
Eye bolt	1	3/8 X 6 1/2" eye bolt
Wood screw	4	3/16 X 11/16" wood screw
Washer	6	1/4" washers
Washer	2	3/8" washers
Nuts	22	3/8" nuts
Nuts	8	1/4" nuts
End caps	8	Black plastic end caps
Upright logo end cap	2	Upright logo end cap
Weight peg	4	Weight pegs
Swivel	1	Swivel
Heavy bag chain	1	Heavy bag chain
Bungee cord	3	Bungee cord
MMA gloves	1	MMA gloves
Speed bag	1	Speed bag
Double-end Bag	1	Double-end Bag

TOOLS:

Screwdriver	1	Screwdriver
Wrench	2	Wrench

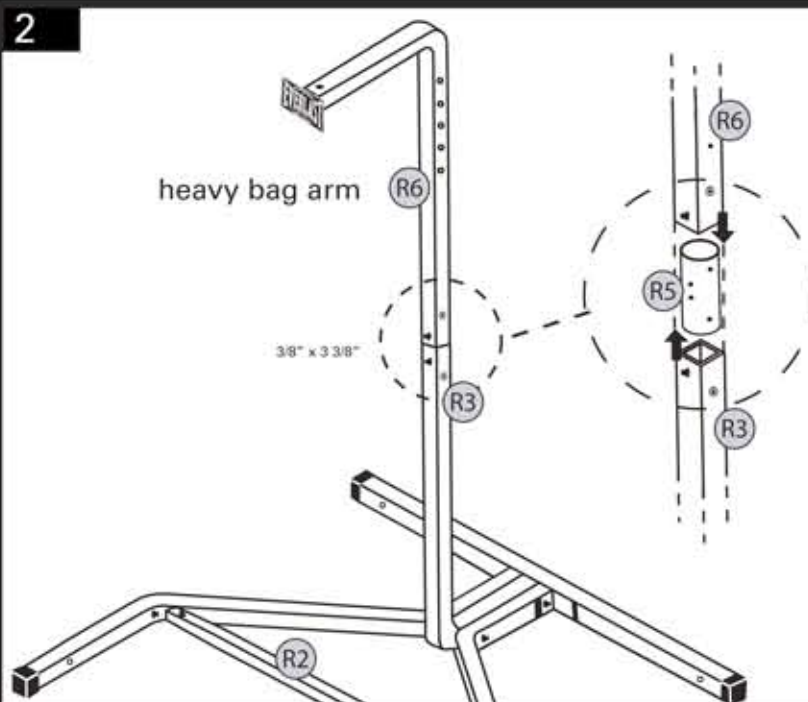
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ASSEMBLY INSTRUCTIONS



Lay two bent legs [R1] on the floor with leg brace [R2] between them. Slide leg brace [R2] over the square lugs on the legs and fasten loosely with 1/4" X 1 5/8" bolts and nuts. Place the bottom half of upright tube [R3] between the bent legs [R1].

Place stabilizer leg [R4] across the ends, with its connecting ears outside the 3 tubes and secure with two 3/8" x 9 5/8" bolts (one through the connecting ears and the three tubes and the other just through the tubes) and nuts. Now tighten the fasteners securely on the leg brace [R2] and the bent leg [R1], upright [R3] and stabilizer leg assembly [R4].



Slide the upright tube connector [R5] into the bottom half of the upright tube [R3], making sure holes align and secure with 3/8" x 3 3/8" bolts and nuts.

Slide the top half upright tube [R6] over upright connector [R5], making sure holes align and the heavy bag arm is pointed toward the end with the leg brace [R2] and secure with two 3/8" x 3 3/8" bolts and nuts.

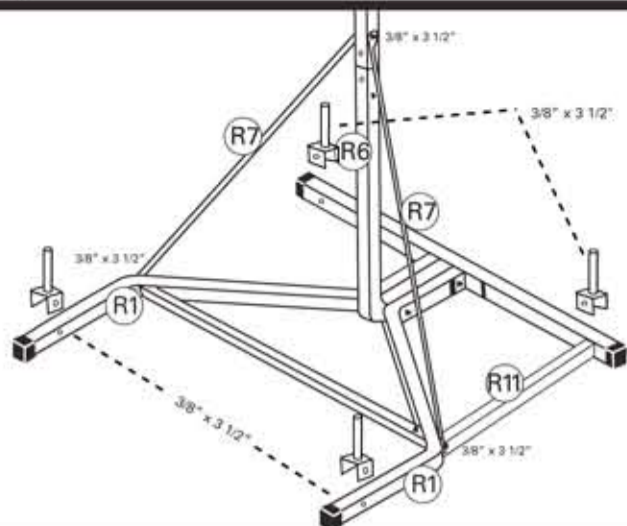
Place 4 plastic end caps on tube ends [R1] and [R4]. Place upright logo cap on [R6].



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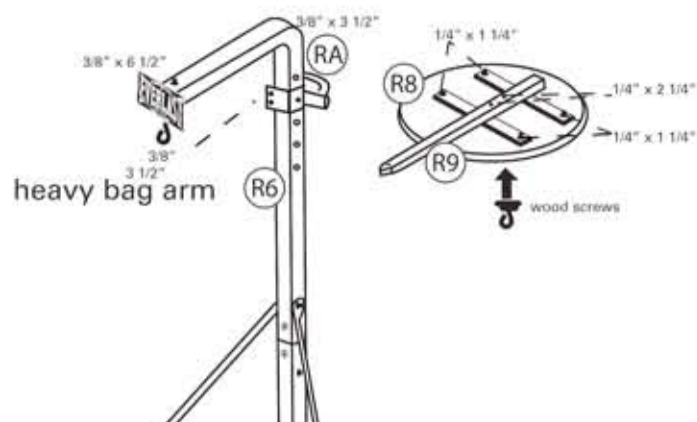
ASSEMBLY INSTRUCTIONS (Continued)

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Attach side brace [R7] loosely to top half of the upright tube [R6] using a 3/8" X 3 1/2" bolt and nut. Before attaching the bottom ends of the side braces [R7] to the bent legs [R1], it must be decided which side of the unit the Double-End bag is to be installed on. On the side selected, attach the bottom of side brace [R7] and the angled end of the bottom bar [R11] to the bent leg [R1] with a 3/8" x 3 1/2" bolt & nut. Attach the other side brace [R7] to it's bent leg [R1] with a 3/8"x 3 1/2" bolt & nut. Assemble 4 weight pegs over bent legs [R1] and stabilizer leg [R4] so the holes line up. On the Double-End bag side, slide the remaining end of the bottom bar [R11] over the weight peg hole and the hole through the stabilizer leg [R4] and fasten with a 3/8 x 3 1/2" bolt & nut. Fasten the other 3 weight pegs with 3/8 x 3 1/2" bolts & nuts. Tighten all weight peg and side brace [R7] fasteners securely.

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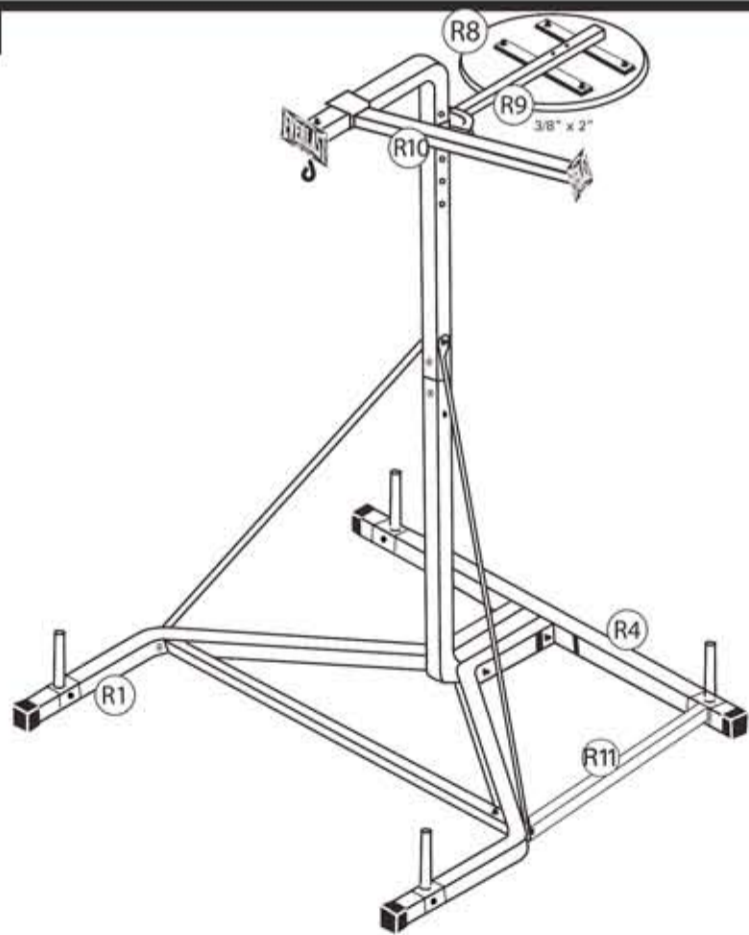
Put heavy bag holding eye bolt (3/8" X 6 1/2") through the heavy bag arm of [R6] and secure with nut.

Attach speed bag swivel at the center of the speed bag drum [R8] (countersunk holes visible) using wood screws and holes provided

Attach speed bag arm assembly R9 to the top of the speed bag drum [R8] (swivel is on the bottom side - opposite), using 1/4" x 1 1/4" and 1/4" x 2 1/4" bolts, washers and nuts.

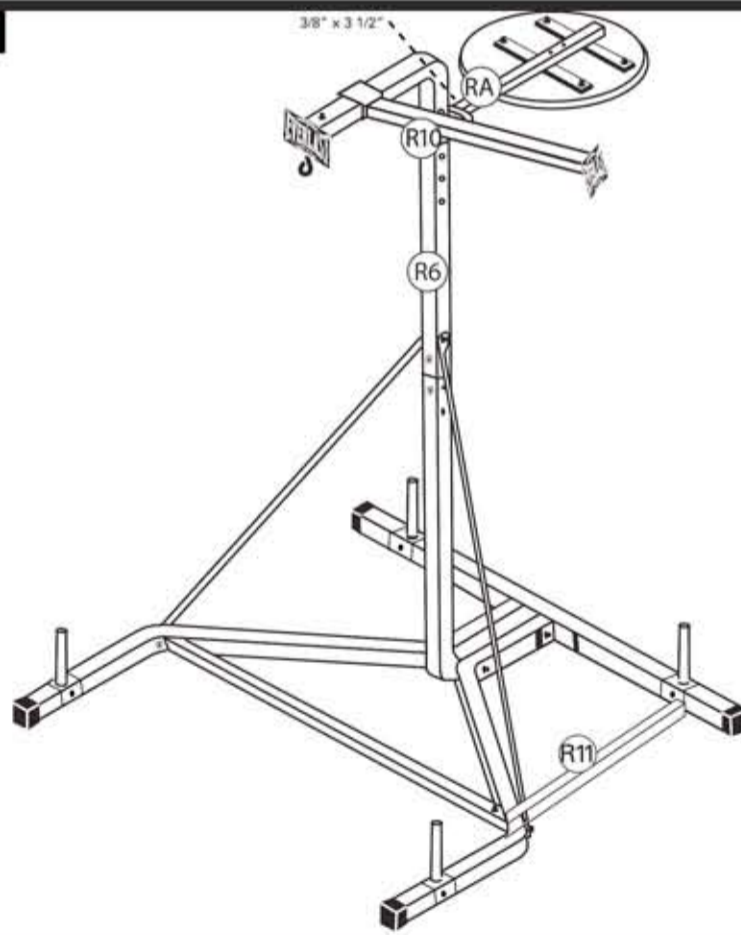
Attach quadrant assembly [RA] to top upright tube [R6] using (3) 3/8" x 3 1/2" hex head bolts and nuts. Insert (1) 3/8" x 3 1/2" bolt through the quadrant assembly [RA] and upright tube [R6] using the desired height adjustment hole provided (do not tighten bolts yet). Insert (2) 3/8" x 3 1/2" bolts through the quadrant assembly bracket (bolts should be positioned on the outside of upright [R6] to create tension), now securely tighten all bolts.

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Attach speed bag drum with countersunk holes [R8] and arm assembly [R9] to [RA] quadrant between top and bottom track with (2) 3/8" x 2" bolts, washers and nuts. On the "headache bag side, slide the open bracket of the Double-End Bag arm[R10] over the horizontal portion of the upright tube [R6] so it angles back in the direction of the stabilizer leg [R4], and so the loop near the end aligns vertically with the loop on the bottom bar [R11], and fasten with two 3/8" x 3 1/2" bolts and nuts, and tighten securely.

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RE-CHECK ALL FASTENERS TO BE SURE THEY ARE ALL TIGHTENED SECURELY. Your heavy bag and speed bag may now be hung from the eye bolt and swivel respectively and used.

To properly adjust the height of the speed bag platform, loosen the (2) 3/8" x 3 1/2" bolts and nuts on the [RA] quadrant assembly and remove the (1) 3/8" x 3 1/2" bolt and nut from the [R6] upright. Re-adjust height of platform to the desired adjustment hole. Then tighten all (3) 3/8" x 3 1/2" bolts and nuts.