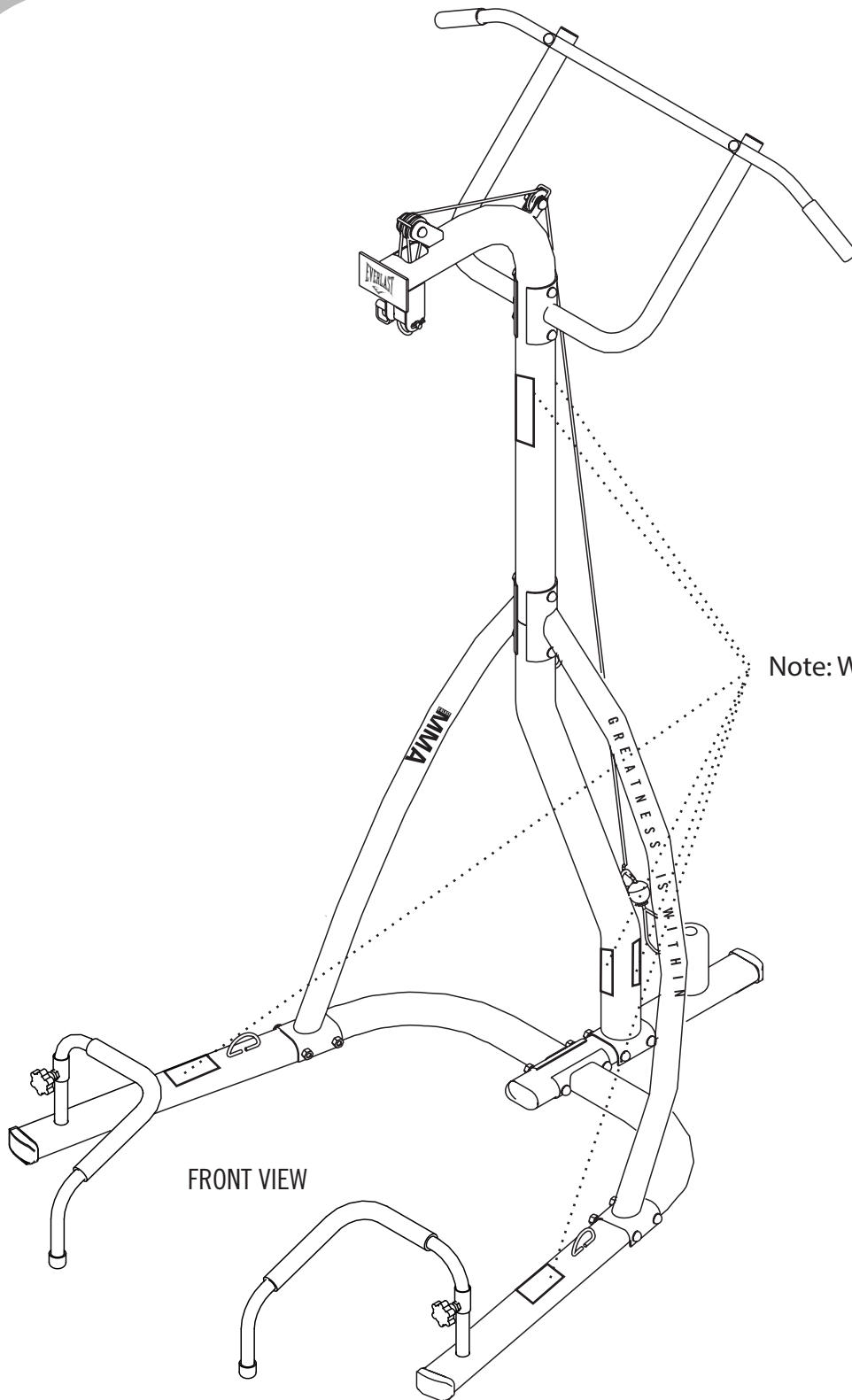




# MMA4812B - MMA OMNISTRIKE STAND OWNER'S MANUAL



Note: Warning Labels



## MMA4812B - MMA OMNISTRIKE STAND OWNER'S MANUAL

CONGRATULATIONS! YOU HAVE JUST PURCHASED THE EVERLAST MMA OMNISTRIKE STAND.  
PLEASE READ OVER THE INSTRUCTIONS CAREFULLY PRIOR TO ASSEMBLY.

Prior to Assembly:

These instructions cover all MMA4812 models, for example MMA4812B, MMA4812BDTC, etc.

**NOTE: The maximum heavy bag weight must not exceed 100 lbs.**

**The maximum user must not exceed 275 lbs.**

It is important that you follow the instructions carefully. Construction should take around 1 -2 hours to complete.

Place the EVERLAST MMA OMNISTRIKE STAND at your desired location.

Remove all components from the box, and make sure all the parts are present.

Two people are recommended for assembly, all tools required for assembly included, Allen Wrench M10 and Plate wrench with M8, M10 openings. (You may also need a rubber mallet at times to push bolts through.)

Find a spacious area for assembly and use. We recommend an area at least 6ft. x 8ft., with a ceiling at least 7 ft. 3 in. high.

Tighten the assembly bolts by hand (unless stated otherwise) until all are in place, and then tighten the bolts with a wrench when assembly is completed.

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 the platform is properly erected and ready for use.

If at any time you find any part is worn or defective, cease use of the platform and contact EVERLAST to provide you with any necessary replacement parts for a nominal fee.

**WARNING:** Failure to follow instructions herein may cause serious injury. Mixed Martial Arts is an invigorating yet strenuous activity. Before starting any workout routine, consult your physician.

Before each use, please inspect to make sure that the stand is in good working order and that all bolts are tightened, and verify that heavy bag is hanging from the stand correctly.

It is strongly recommended that well-padded bag gloves are worn when using the heavy bag function of the stand.

As with any sport, the participant is subject to a certain amount of risk. Mixed Martial Arts, by its very nature, contains an element of risk of injury for which the EVERLAST user must be responsible.

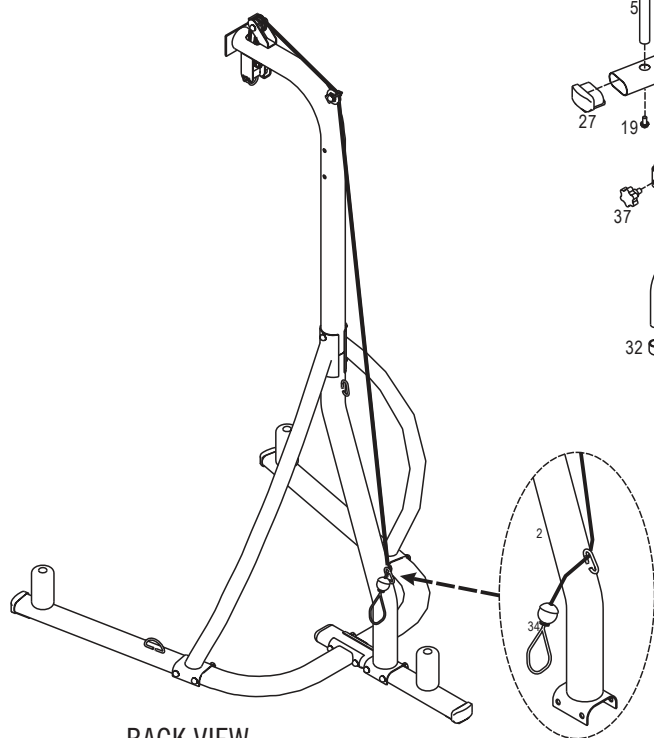
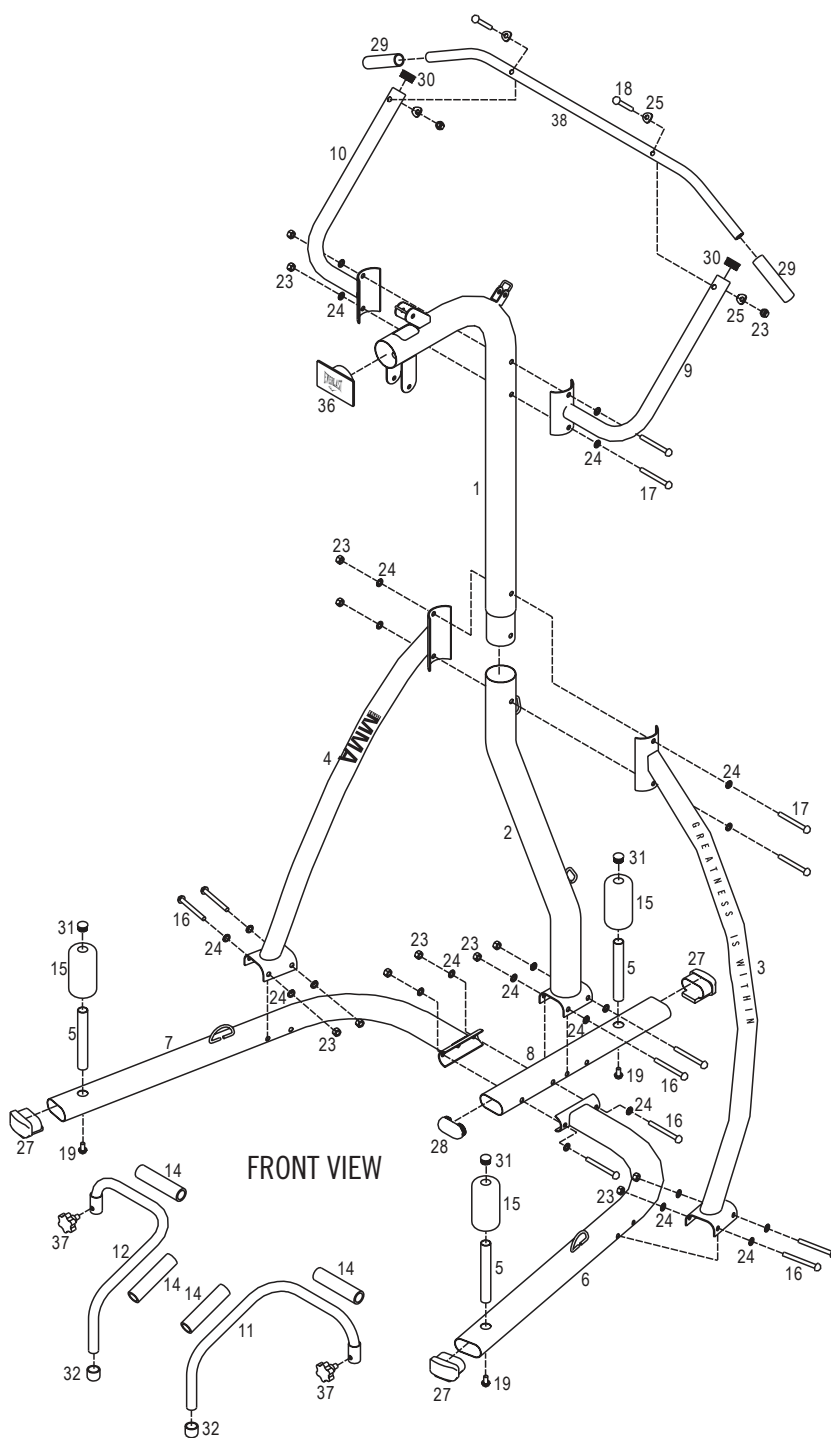
The EVERLAST MMA OMNISTRIKE STAND is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the heavy bag to use it, instruct them on the basics. The user must accept full responsibility for the safe and proper assembly and use of all equipment.

How to Stabilize the Stand:

We recommend (3) 25 lb Standard weight plates, on each peg, for all bags up to and including 100lbs.

# MMA4812B - MMA OMNISTRIKE STAND - EXPLODED DRAWING/PARTS LIST

No.	Description	Qty.	Pre.-assembled
MMA4812-01	HEAVY BAG TUBE	1	No
MMA4812-02	UPRIGHT TUBE	1	No
MMA4812-03	RIGHT SUPPORT TUBE	1	No
MMA4812-04	LEFT SUPPORT TUBE	1	No
MMA4812-05	WEIGHT PEG	3	No
MMA4812-06	RIGHT BASE TUBE	1	No
MMA4812-07	LEFT BASE TUBE	1	No
MMA4812-08	CENTER BASE TUBE	1	No
MMA4812-09	RIGHT PULL-UP SUPPORT TUBE	1	No
MMA4812-10	LEFT PULL-UP SUPPORT TUBE	1	No
MMA4812-11	RIGHT PUSH-UP HANDLE	1	No
MMA4812-12	LEFT PUSH-UP HANDLE	1	No
MMA4812-13	SLIDING PULLEY BRACKET	1	Yes
MMA4812-14	FOAM TUBE	4	Yes
MMA4812-15	FOAM PAD	3	Yes
MMA4812-16	ALLEN BOLT M10*100MM	8	No
MMA4812-17	ALLEN BOLT M10*95MM	4	No
MMA4812-18	ALLEN BOLT M10*75MM	2	No
MMA4812-19	ALLEN BOLT M10*20MM	3	No
MMA4812-20	ALLEN BOLT M10*55MM	1	Yes
MMA4812-21	ALLEN BOLT M10*45MM	1	Yes
MMA4812-22	ALLEN BOLT M10*40MM	1	Yes
MMA4812-23	NYLON NUT M10	17	14 No, 3 Yes
MMA4812-24	FLAT WASHER M10	31	24 No, 7 Yes
MMA4812-25	CURVED WASHER M10	4	No
MMA4812-26	COTTER PIN	1	Yes
MMA4812-27	STABILIZER END CAP	3	Yes
MMA4812-28	STABILIZER END INSERT	1	Yes
MMA4812-29	HAND GRIP SLEEVE	2	Yes
MMA4812-30	ROUND END INSERT DIA. 38MM	2	Yes
MMA4812-31	ROUND END INSERT DIA. 25MM	3	Yes
MMA4812-32	ROUND END CAP DIA. 25MM	2	Yes
MMA4812-33	PULLEY	4	Yes
MMA4812-34	CABLE	1	Yes
MMA4812-35	LOCKING PIN	1	Yes
MMA4812-36	LOGO PLATE TUBE END INSERT	1	No
MMA4812-37	KNOB BOLT	2	No
MMA4812-38	PULL-UP BAR	1	No



BACK VIEW

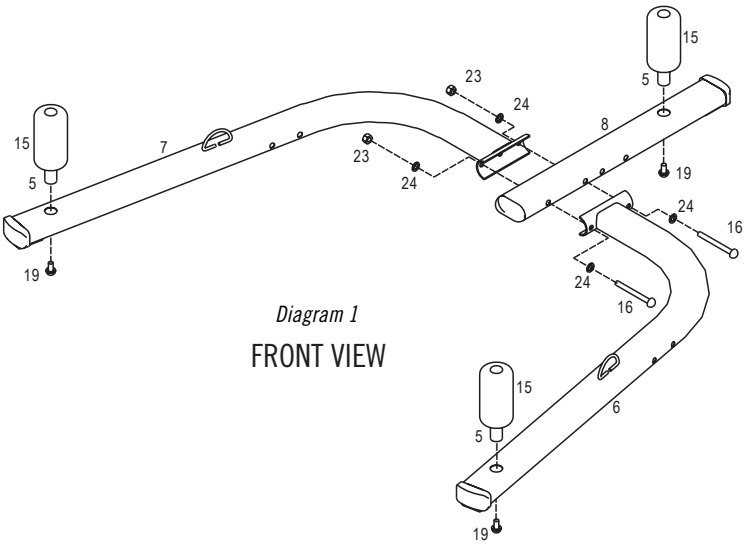
Assembly For EVERLAST MMA OMNISTRIKE STAND - Model #MMA4812B

STEP 1: BASE CONSTRUCTION

- Sub Step 1. Place center base tube (08) on floor. Place left and right base tubes (07, 06) on floor in position, loops facing upward.
- Sub Step 2. Insert 1 Weight Peg (5) into each of the three Base tubes and secure with 3 M10\*20mm Allen Bolts (19).
- Sub Step 3. Align left and right base tubes with front hole set on center base tube as shown in Diagram 1.
- Sub Step 4. Insert 2 M10\*100mm Allen Bolts (16), secure with 4 M10 Washers (24) and 2 M10 Nylon Nuts (23) as shown in Diagram 1, tighten loosely by hand.

ITEMS NEEDED FOR STEP 1:

No.	Description	Qty.	Pre.-assembled
MMA4812-05	WEIGHT PEG	3	No
MMA4812-06	RIGHT BASE TUBE	1	No
MMA4812-07	LEFT BASE TUBE	1	No
MMA4812-08	CENTER BASE TUBE	1	No
MMA4812-15	FOAM PAD	3	Yes
MMA4812-16	ALLEN BOLT M10*100MM	8	No
MMA4812-19	ALLEN BOLT M10*20MM	3	No
MMA4812-23	NYLON NUT M10	17	14 No, 3 Yes
MMA4812-24	FLAT WASHER M10	31	24 No, 7 Yes

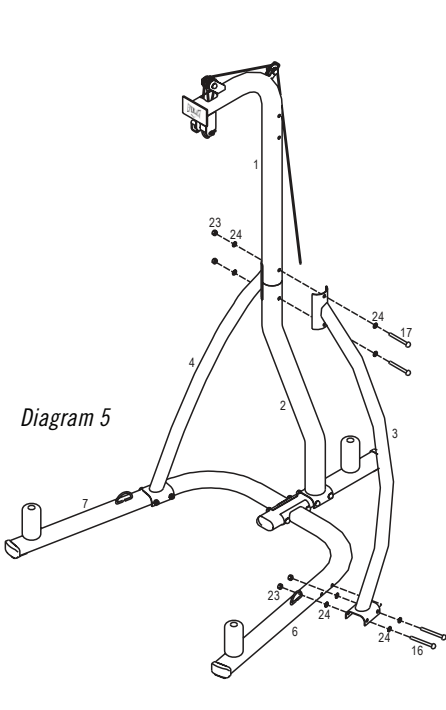
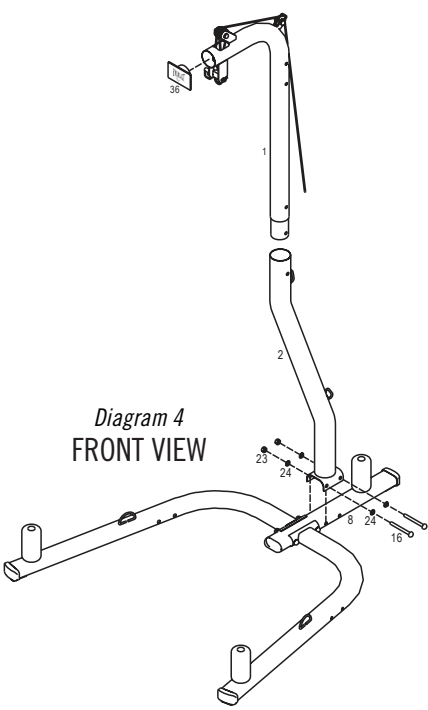
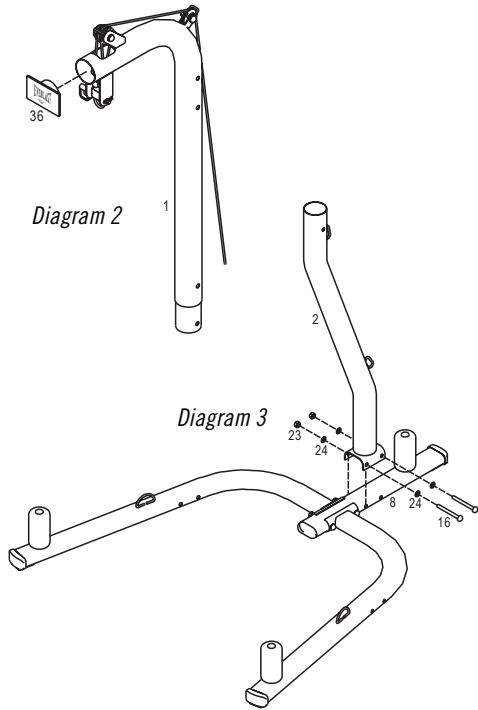


STEP 2: HEAVY BAG TUBE CONSTRUCTION

- Sub Step 1. Insert Logo Plate End Insert (36) into Heavy Bag Tube (01) as shown in Diagram 2.
- Sub Step 2. Align Upright Tube (02) to rear holes on Center Base Tube (08) attach by inserting 2 M10\*100mm Allen Bolts (16), secure with 4 M10 Washers (24) and 2 M10 Nylon Nuts (23) as shown in Diagram 3, tighten loosely by hand.
- Sub Step 3. Insert completed Heavy Bag Tube (01) into Upright tube (02) as shown in Diagram 4.
- Sub Step 4. Attach Left Support Tube (04) to Left Base Tube (07) by inserting 2 M10\*100mm Allen Bolts (16), secure with 4 M10 Washers (24) and 2 M10 Nylon Nuts (23) as shown in Diagram 5, tighten loosely by hand.
- Sub Step 5. Attach Right Support Tube (03) to both Main Tube (01) and Right Base Tube (02) by inserting 2 M10\*100mm Allen Bolts (16), and secure to right base tube (6) with 2 Allen bolt M10\*100MM (16) with 4 M10 Washers (24) and 2 M10 Nylon Nuts (23) as shown in Diagram 5, tighten loosely by hand.

Items needed step 2:

No.	Description	Qty.
MMA4812-01	Heavy Bag Tube	1
MMA4812-03	Right Support Tube	1
MMA4812-04	Left Support Tube	1
MMA4812-02	Upright Tube	1
MMA4812-06	Right Base Tube	1
MMA4812-07	Left Base Tube	1
MMA4812-17	Allen Bolt M10*95mm	2
MMA4812-23	Nylon Nut M10	6
MMA4812-24	Curved Washer M10	12
MMA4812-26	Cotter Pin	1
MMA4812-36	Logo Plate End Insert	1
MMA4812-16	Allen Bolt M10*100mm	6



### STEP 3: MMA OMNISTRIKE STAND - CONSTRUCTION & ASSEMBLY

Sub Step 1. See *Diagram 6* and *Diagram 7*

Attach right pull-up support tube (9) and left support tube (10) to the stand using Nylon Nut M10 (23), Curved Washer M10 (25), and two Allen Bolt M10 95MM (17). Using Allen Bolts M8\*75mm (18), Nylon Nut M10 (23), and two Curved Washer M10 (25), attach the Pull-Up Bar (38) to the support tubes.

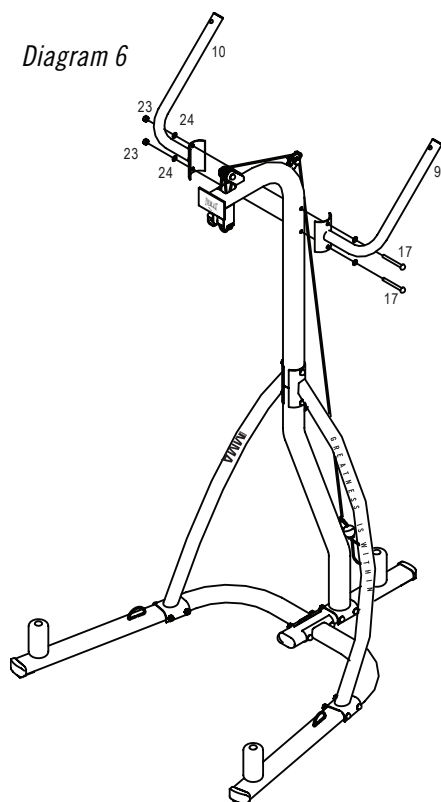
Sub Step 2. See *Diagram 7*. Insert right push-up handle (11) and left push-up handle (12) on to weight pegs. Fasten two knob bolts (37) to the push up handles.

Sub Step 3. With all parts complete, retighten all bolts on entire unit, and double check for stability.

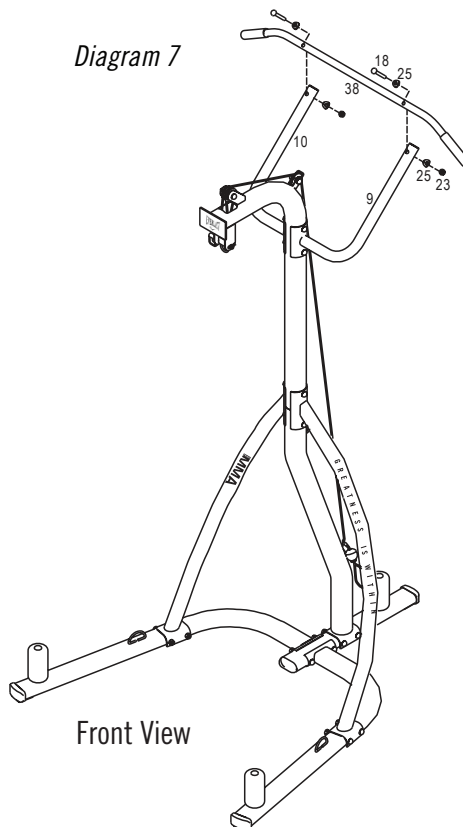
Sub Step 4. Secure bag at highest level using COTTER PIN (26) and LOCKING PIN (35)

No.	Description
MMA4812-05	WEIGHT PEG
MMA4812-09	RIGHT PULL-UP SUPPORT TUBE
MMA4812-10	LEFT PULL-UP SUPPORT TUBE
MMA4812-11	RIGHT PUSH-UP HANDLE
MMA4812-12	LEFT PUSH-UP HANDLE
MMA4812-17	ALLEN BOLT M10*95MM
MMA4812-18	ALLEN BOLT M10*75MM
MMA4812-23	NYLON NUT M10
MMA4812-25	CURVED WASHER M10
MMA4812-26	COTTER PIN
MMA4812-35	LOCKING PIN
MMA4812-37	KNOB BOLT
MMA4812-38	PULL-UP BAR

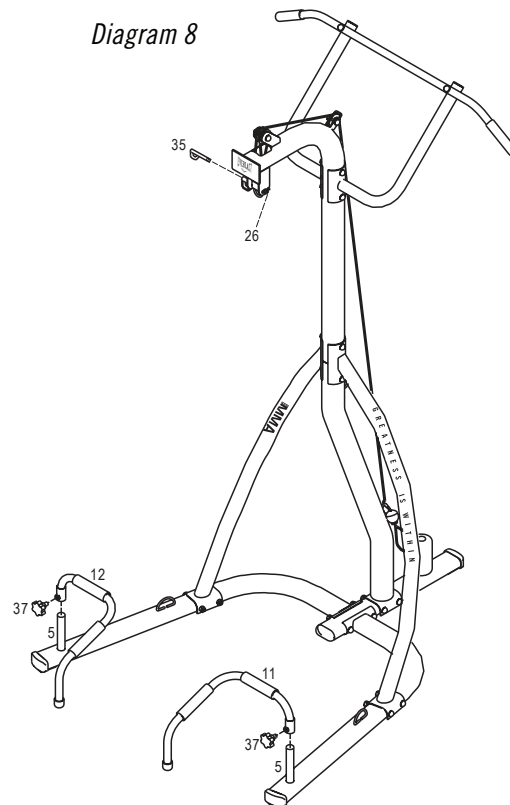
*Diagram 6*



*Diagram 7*



*Diagram 8*

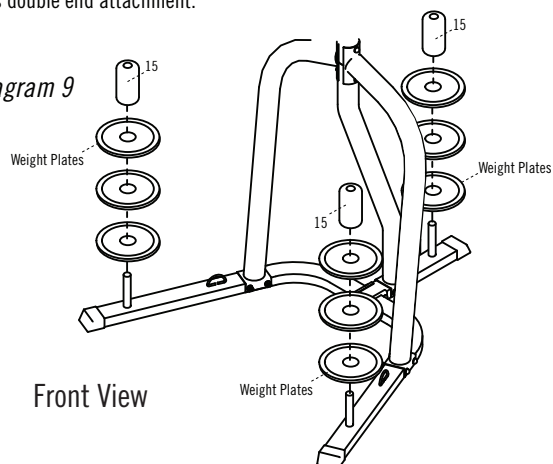


### STEP 4: CUSTOMIZATION AND ACCESORIES

For increased stability please purchase weight plates and add evenly to all three weight pegs on stand as shown in *Diagram 9*. Remove Left and Right Push up handles before adding weight plates.

For increased bag stability, please purchase the Everlast Heavy Bag Anchor which features a laser welded water bladder and holds 45lbs. of water. Also comes with a bungee cord to attach to the bottom of your Everlast Heavy Bag's double end attachment.

*Diagram 9*

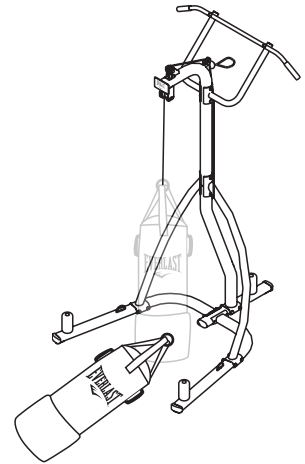


# HOW TO ADJUST BAG:

- A.) Remove COTTER PIN (26) and LOCKING PIN (35)
- B.) Move Pulley to desired level. (Three Settings)
- C.) Secure Pulley to Hook.

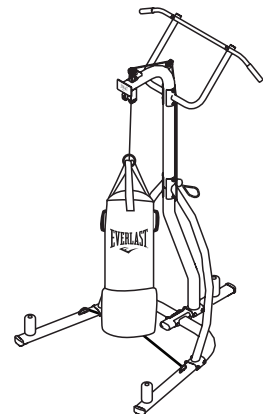
## SETTING 1: GROUND AND POUND

The first bag setting allows you to remove the bag from the stand for training ground and pound. It also allows one person to switch heavy bags in and out easily.



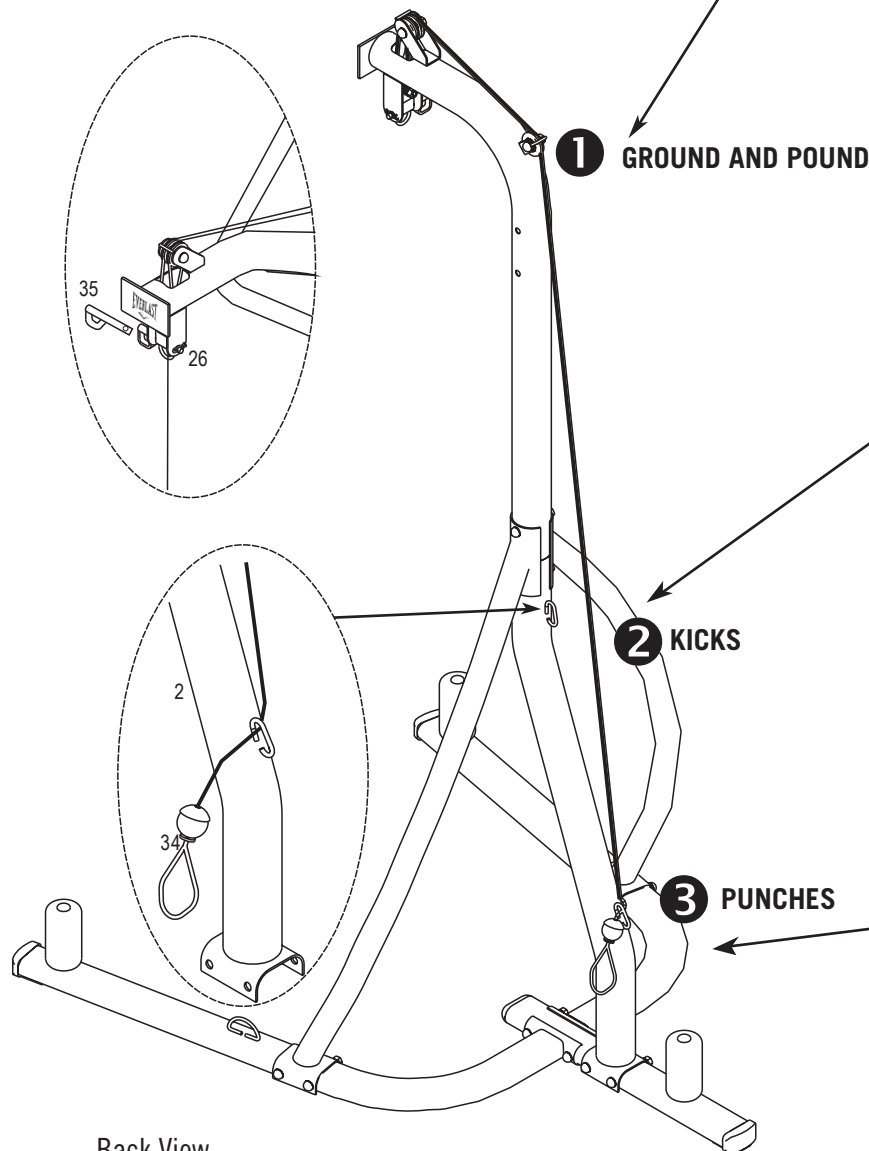
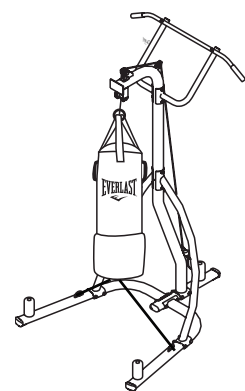
## SETTING 2: KICKS

The second setting is for low and mid level kicks. Thread a bungee cord through the bottom and connect it to the two loops on the stand for stability.



## SETTING 3: PUNCHES

The third setting is normal heavy bag height for traditional boxing training.



Back View