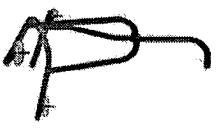




Assembly For
EVERLAST Heavy Bag Stand V-01
Model #4810
Congratulations! You have just purchased the EVERLAST Heavy Bag/Speed Bag Stand.
Please read over the instructions carefully prior to assembly.



Prior to Assembly:
 It is important that you follow the instructions carefully.

Place the EVERLAST Heavy Bag/Speed Bag 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, tools are required.

Find a spacious area for assembly and use. We recommend an area at least 4ft. x 6ft., 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

NOTE: The maximum weight of the heavy bag on this unit must not exceed 100 lbs.

Failure to follow instructions herein may cause serious injury. Boxing 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 the heavy bag is hanging from the stand correctly.

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 EVERLAST user must be responsible.

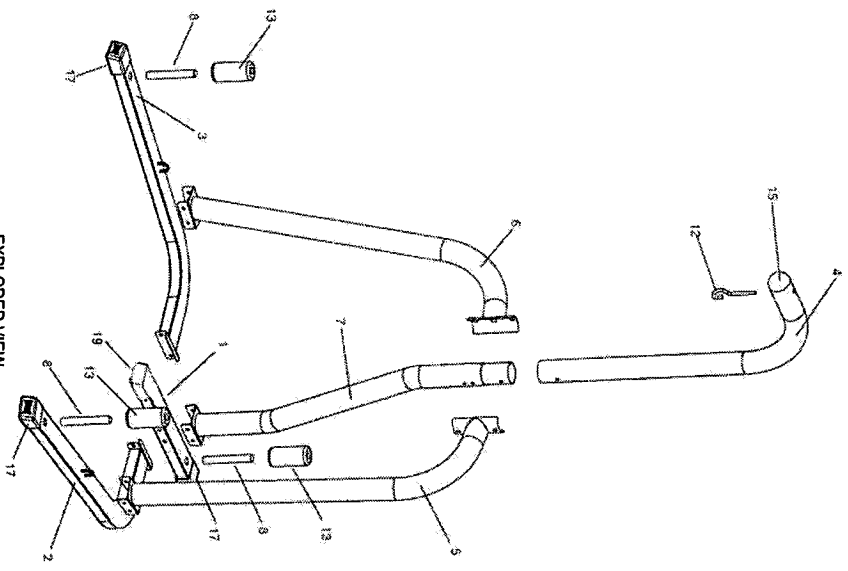
The EVERLAST Heavy Bag Stand is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the heavy bag to use it, instruct them on the basics. The user must accept full responsibility for the safe and proper assembly and use of all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

It is strongly recommended that a double end heavy bag with heavy duty rubber cables are used to minimize heavy bag movement.

It is also strongly recommended that heavy bag stand is used on a level surface.

How to Stabilize the Stand:

To stabilize the stand with a heavy bag under 70lbs., place 25 lb. weight plates on each of the weight pegs. For a bag weighing over 70 lbs. but not over 100 lbs., place three 25 lb. weight plates on each weight peg. For your safety we do not recommend using a heavy bag that is over 100 lbs.



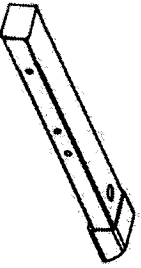
EXPLODED VIEW

Part #	Description	Pre-Assembled	Quantity
EV4810-01	Center Base Tube		1
EV4810-02	Right Base Tube		1
EV4810-03	Left Base Tube		1
EV4810-04	Heavy Bag Tube		1
EV4810-05	Right Support Tube		1
EV4810-06	Left Support Tube		1
EV4810-07	Upright Tube		1
EV4810-08	Weight Peg		3
EV4810-09-W10	Washer (10.5mm x 21mm x 1.5mm)		21
EV4810-10-N10	Hexagonal Nut (3/8")		11
EV4810-11-H10-17	Half Thread Hex Bolt (3/8" x 3-3/4")		10
EV4810-12	Eye Bolt (3/8" x 6")		1
EV4810-13	Foam Pad		3
EV4810-14-F10-3	Half Thread Hex Bolt (3/8" x 1")		3
EV4810-15	Round Plastic Tube Cap (3")		1
EV4810-17	Stabilizing Foot		4
EV48-19	End Cap		1

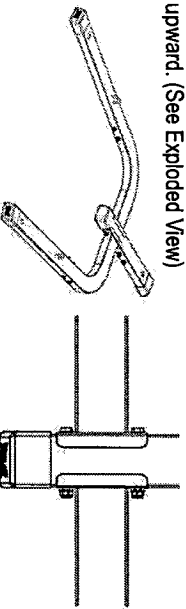
EVERLAST Heavy Bag/Speed Bag Stand Assembly Instructions



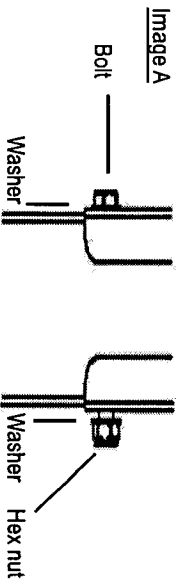
Step 1. Place center base tube (01) on floor.



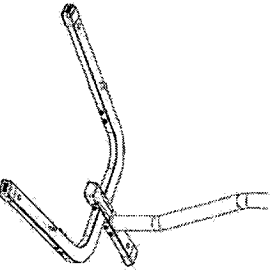
Step 2. Place left and right base tubes (02, 03) on floor, loops facing upward. (See Exploded View)



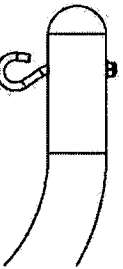
Step 3. Align left and right base tubes with front hole set with two hex bolts (11), four washers (09) and two hex nuts (10). Tighten loosely by hand. See above image. Refer to Image A when inserting all bolts.



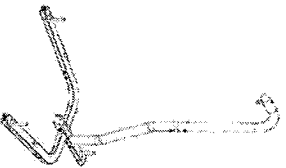
Step 4. Place upright tube (07) forward with the connector bolt holes aligned with the second set of base bolt holes. Attach with two hex bolts (11), four washers (09) and two hex nuts (10). (See Image A and Exploded View)



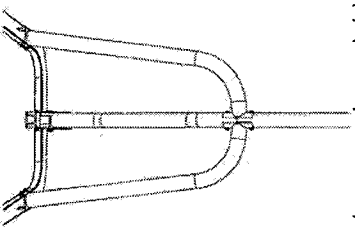
Step 5. Insert eye bolt (12) into bolt hole on top of heavy bag tube (4). Attach from top with a washer (09) and hex nut (10). Tighten hex nut with tools.



Step 6. Take top heavy bag tube (4) with black cap facing forward and place over top of upright tube (7). Make sure bolt holes are aligned. (See Exploded View)



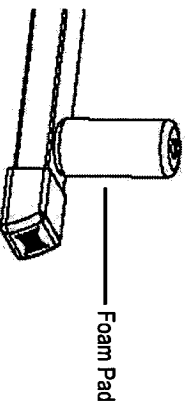
Step 7. Prop up right support tube (5). Align bolt holes on connecting plate of right support tube (5) with bolt holes of heavy bag tube (4) and upright tube (7). (See Exploded View)



Step 8. Repeat Step 7 on left side (6). Connect supports with two bolts (11), four washers (09) and two hex nuts (10). (See Image A)

Step 9. Attach side supports (5,6) to side base tubes with two bolts (11), four washers (09) and two hex nuts (10) on both sides. (See Image A)

Step 10. Insert weight pegs (8) to ends of side supports and on the center base. Attach with three bolts (14), tighten them.

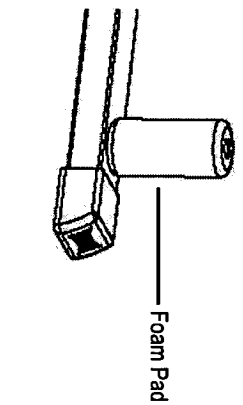


Step 11. See Exploded View to attach plastic foot caps (15).

Step 12. Attach plastic End Cap (19) to inside middle tube end.

Step 13. Tighten all nuts and bolts on the frame with tools.

Step 14. Hang your heavy bag. See "How to Stabilize the Stand" on Page 1 and follow instructions.





Stabilization Improvement for your Heavy Bag Stand
EVERLAST
Model #4810
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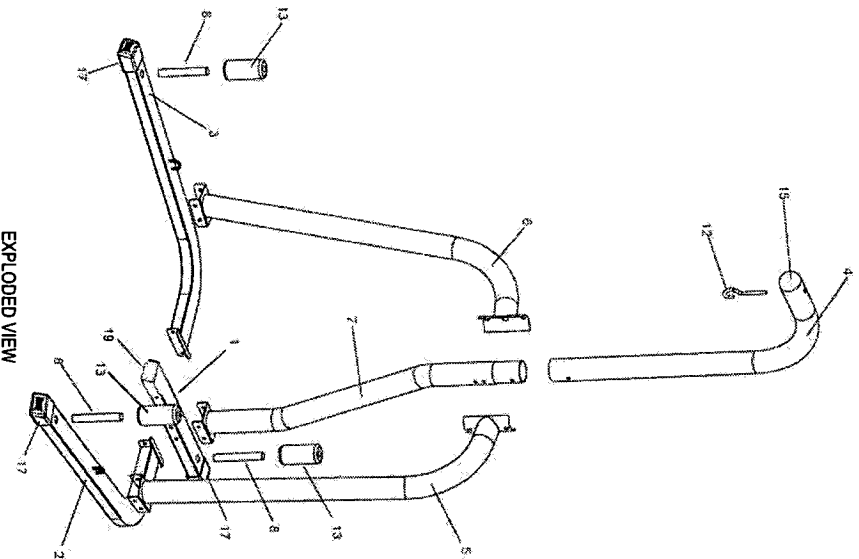
Prior to Assembly:
 It is important that you follow the instructions carefully.

Step 1. Remove Foot Cap (17) from inside middle tube end. Discard Foot Cap (17).

Step 2. Attach Plastic End Cap (19) to inside middle tube end.

Components

Part #	Description	Pre-Assembled	Quantity
EV4810-01	Center Base Tube		1
EV4810-02	Right Base Tube		1
EV4810-03	Left Base Tube		1
EV4810-04	Heavy Bag Tube		1
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EV4810-17	Stabilizing Foot		4
EV48-19	End Cap		1



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