OWNER'S MANUAL

November 1, 2024

- Safety Precautions
- Stand Assembly Instructions
- Side Brace Assembly Instructions (If Ordered)

STEADYSTRIKE

MODEL: PRO - 5

INDEX

Questions?

Email: info@steadystrike.com

SAFETY PRECAUTIONS WHEN MOVING OR IN USE

Recognize that anything will tip over if hit with enough force. The following recommendations are provided to significantly reduce the likelihood of this happening and/or damage occurring.

1. Ensure that equipment is assembled as directed.
2. This equipment is not recommended for children or inexperienced users without appropriate adult supervision.
3. When hanging bag on stand, always have sufficient support (e.g., a chair, table or something else depending on the height) under the bag.
4. Always have two people to hang the bag (one to attach the bag to the hook and one to ensure the bag is stabilized).
5. When adjusting height of stand, make sure the pressure is taken off the upper hook tube (e.g., a chair, table or something else depending on the height).
6. Attach Bag Tether to D-Ring at the bottom of bag (**see picture below)**. Bag should not be allowed to swing beyond side of each leg or beyond the front of the stand.

Ensure bag is always tethered to stand using ring at bottom of bag (except when hanging or taking down the bag).

This requires the use of a bag with a ring at the bottom.

7. Ensure the bag restraint is in use to hold back the bag while stand is being moved (**see picture below**).

Use bag restraint when moving stand (restraint colored white in this image for clarity).

7. Ensure the stand is properly weighted/stabilized for your personal hitting style. This may involve using additional weights on the weight tubes (**see picture below to the left**) and making sure side braces are in place (**see picture below to the right**). This is especially true if the bag is being hit with significant lateral (sideways) force.
8. The amount of weight, as well as the need for side braces, will vary depending on an individual's hitting method, direction and force. Please test stand in a safe environment and adjust weight and side braces as necessary.

Use appropriate weight on the three weight tubes.

Use side braces if additional stabilization is required.

9. Make sure all wheels are locked when bag is being hit. Be aware that even when wheels are locked, the stand may move during use if significant force is applied. This movement should be minimal if appropriately weighted.

9. Although the stand is designed to hold a bag, it is not designed to hold a human – do not hang off of any part of this stand.

10. Make sure that people, as well as objects that could be damaged, are kept at least 8 feet (2.5 meters) away from the left, right and behind the stand while in use.

11. If the stand seems unstable, discontinue use immediately.

12. If you are unsure about any element regarding safe usage of this product, please contact info@steadystrike.com

Over time, grit is what separates fruitful lives from aimlessness.

- John Ortberg -

STAND ASSEMBLY INSTRUCTIONS

- Metal parts can be sharp. Use appropriate gloves to protect hands during installation.
- Metal parts can be heavy and may cause harm to persons or property if dropped.
- Assemble over protected surface to not scratch floor.

TOOLS REQUIRED

- **For 3/8” Nuts and Bolts,** preferably, one of the first two options:
  - Two 9/16” Wrenches
  - A single 9/16” Wrench and a single 9/16” Socket.
  - If you only have a single 9/16” Wrench or a single 9/16” Socket, you can use Vice Grips, but be careful, they may scratch surface of bolt or nut.
- **For 1/2” Nuts and Bolts,** preferably, one of the first two options:
  - Two 3/4” Wrenches
  - A single 3/4" Wrench and a single 3/4" Socket.
  - If you only have a single 3/4" Wrench or a single 3/4" Socket, you can use Vice Grips, but be careful, they may scratch surface of bolt or nut.
- **Rubber Mallet**

SCAN QR CODE FOR PAGE CONTAINING ASSEMBLY VIDEO

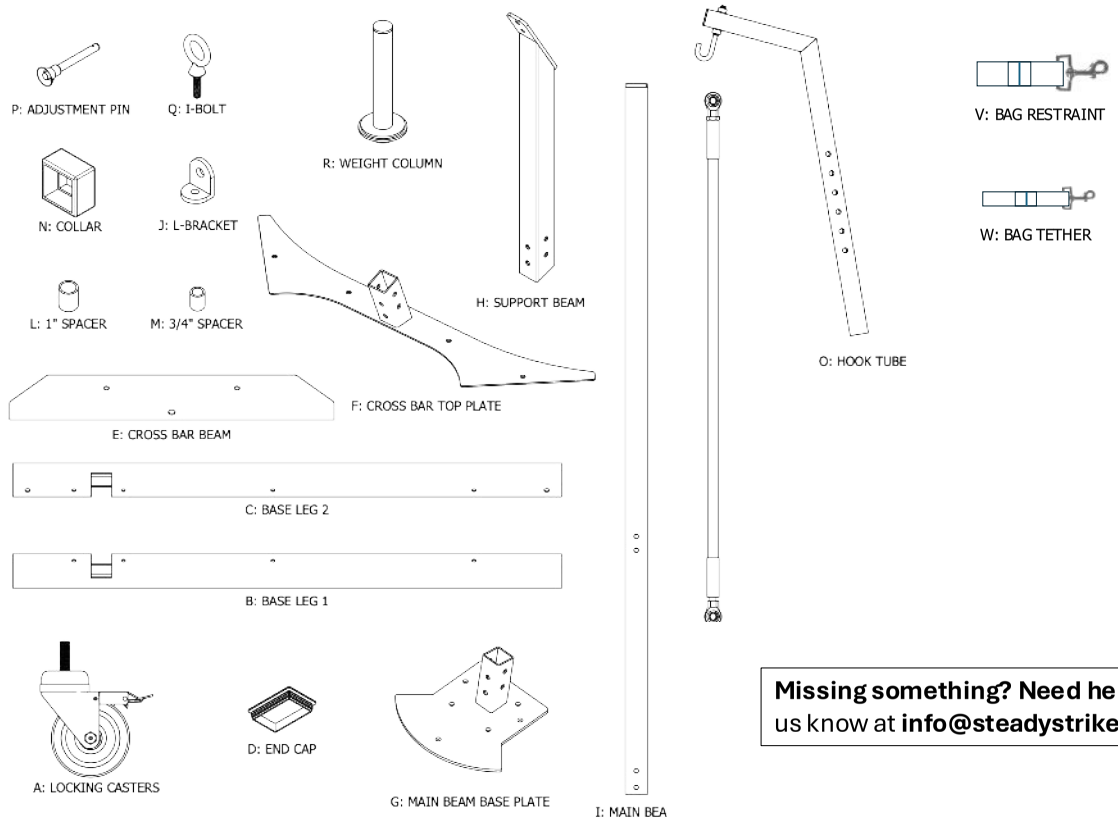
Resilience is all about being able to overcome the unexpected.

Sustainability is about survival. The goal of resilience is to thrive.

- **Jamais Cascio -**

STAND ASSEMBLY INSTRUCTIONS

LIST OF PARTS & HARDWARE



Missing something? Need help? Let us know at **info@steadystrike.com**

PARTS LIST		
Part ID	**Part**	**#**
A	LOCKING CASTER	4
B	BASE LEG 1	1
C	BASE LEG 2	1
D	END CAP	4
E	CROSS BAR BEAM	1
F	CROSS BAR TOP PLATE	1
G	MAIN BEAM BASE PLATE	1
H	SUPPORT BEAM	1
I	MAIN BEAM	1
J	L – BRACKET	2
K	SIDE STRUT	2
L	1" SPACER	2
M	3/4" SPACER	2
N	COLLAR	1
O	HOOK TUBE	1
P	ADJUSTMENT PIN	1
Q	EYE-BOLT	2
R	WEIGHT COLUMN	3
V	BAG RESTRAINT	1
W	BAG TETHER	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
a	3/8" x 1 ¼" BOLT	3
b	3/8" x 2 ½" BOLT	8
c	3/8" x 2 ¾" BOLT	4
d	3/8" x 4" BOLT	16
e	1/2" X 1 ¾" BOLT	2
f	1/2" X 6 1/2" BOLT	1
g	3/8" WASHER	53
h	1/2" WASHER	8
i	1/2" SPLIT WASHER	6
j	3/8" LOCKING NUT	20
k	1/2" NUT	8
l	1/2" LOCKING NUT	1
m	3/8" RUBBER WASHER	2
n	7/8" WASHER	4
p	1/2" CAP NUT	1
q	3/4" WASHER	2

Often, the most important battles we take on are not for ourselves.

They are for those around us who need a warrior to fight for them.

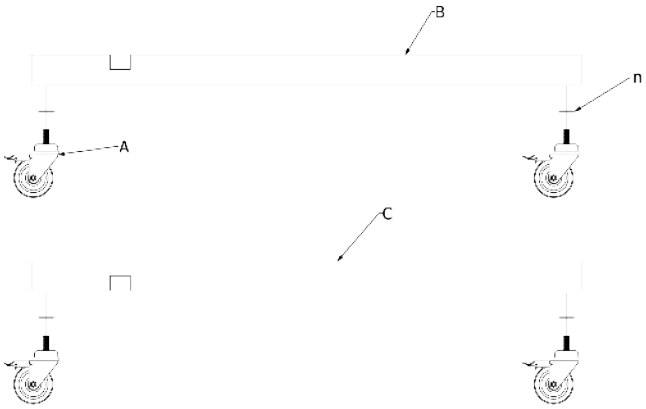
- **Anon. -**

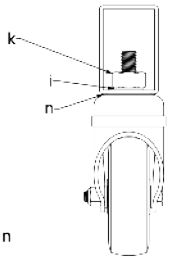
STEP 1: ATTACHING CASTERS

PARTS LIST		
Part ID	**Part**	**#**
A	LOCKING CASTER	4
B	BASE LEG 1	1
C	BASE LEG 2	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
i	1/2" SPLIT WASHER	4
k	1/2" NUT	4
n	7/8" WASHER	4

PACKAGING NOTE
Wheels come with hardware attached to wheel stem – some hardware (the 1/2" SPLIT WASHER and the 1/2" NUT) will have to be removed prior to installing.



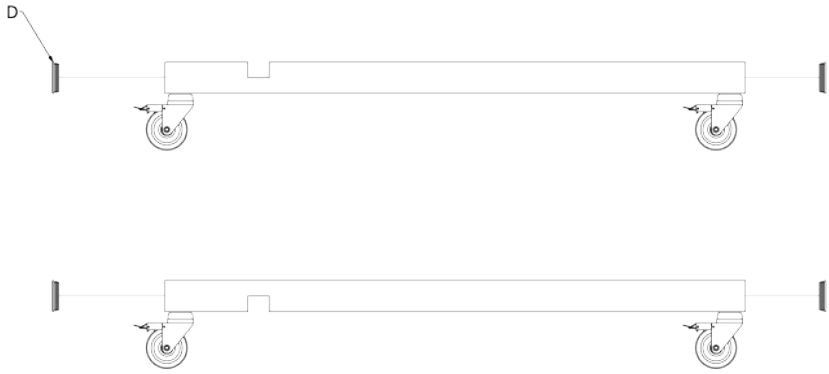


1. Put washer **7/8" WASHER (n)** onto stem of **LOCKNG CASTER (A)**. Make sure the washer is flat on the top of the wheel assembly, especially during installation.
2. Put stem through the hole in the bottom of **BASE LEG (B,C)**.
3. Put **1/2" SPLIT WASHER (i)** on threaded stem (inside the **BASE LEG**).
4. Thread **1/2" NUT (k)** onto stem. Firmly tighten bolt.
5. Repeat for the other 3 **LOCKING CASTERS (A)**

TIP: Lock the wheel before you start. This way you can hold the wheel steady while tightening the nut.

STEP 2: INSTALLING END CAPS

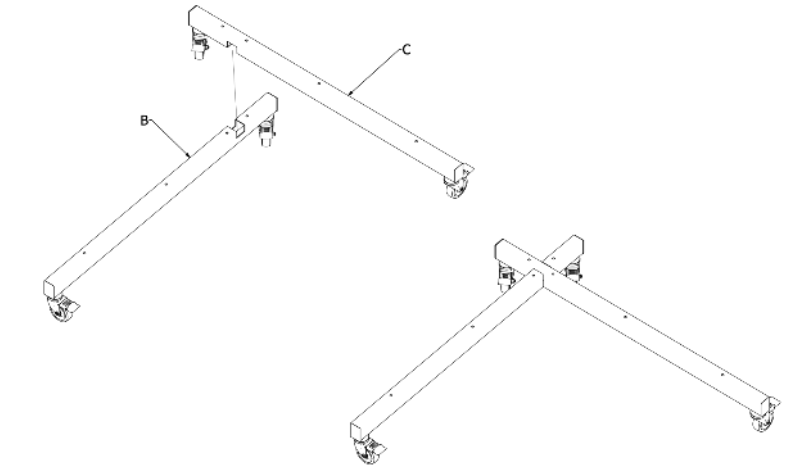
PARTS LIST		
Part ID	**Part**	**#**
B	BASE LEG 1	1
C	BASE LEG 2	1
D	END CAP	2



1. Pressure fit **END CAP (D)** onto end of **BASE LEG (B, C)**. Use Rubber Mallet to tap into place if necessary.
2. Repeat for the other 3 **END CAP (D)** pieces.

STEP 3: JOINING BASE LEGS

PARTS LIST		
Part ID	**Part**	**#**
B	BASE LEG 1	1
C	BASE LEG 2	1

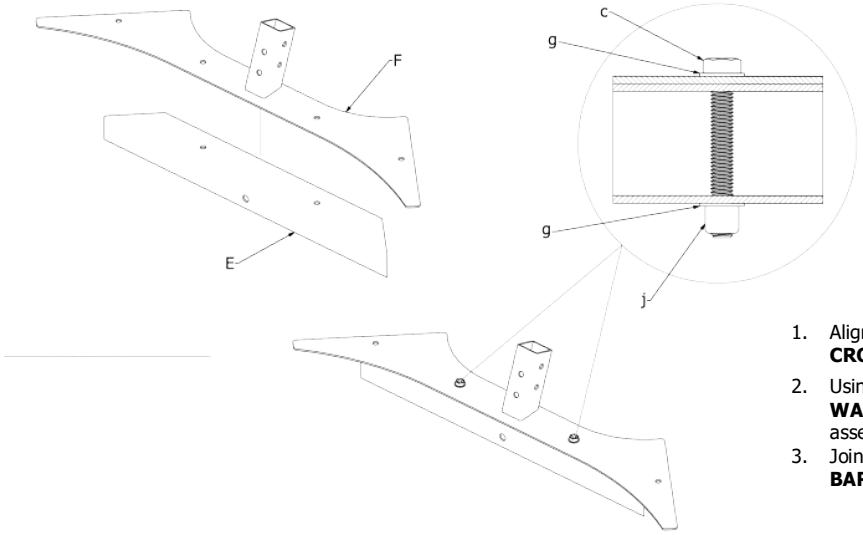


1. Carefully cross **BASE LEG 1 (B)** and **BASE LEG 2 (C)**
2. Push into place so that tops of legs are flush with each other. Use Rubber Mallet to tap into place if necessary.

STEP 4: JOINING PARTS FOR CROSS-BAR ASSEMBLY

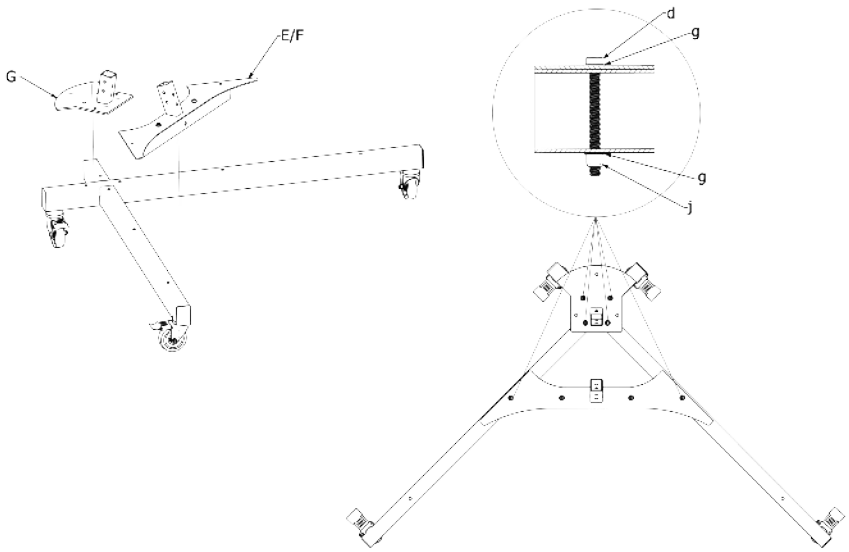
PARTS LIST		
Part ID	**Part**	**#**
E	CROSS BAR BEAM	1
F	CROSS BAR TOP PLATE	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
c	3/8" x 2 ¾" BOLT	2
g	3/8" WASHER	2
j	3/8" LOCKING NUT	2



1. Align holes in **CROSS BAR TOP PLATE (F)** and **CROSS BAR BEAM (E)**.
2. Using a **3/8" x 2 3/4" BOLT (c),** as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT (j)**, assemble as per diagram.
3. Joined together, these two parts become the **CROSS BAR ASSEMBLY.**

STEP 5: BOLTING CROSS BAR ASSEMBLY & MAIN BEAM BASE PLATE ONTO LEGS

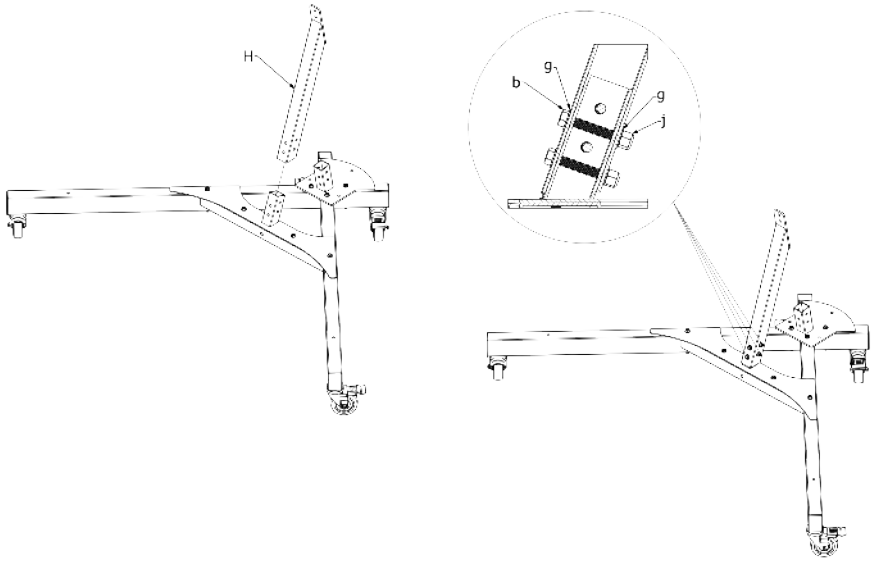


PARTS LIST		
Part ID	**Part**	**#**
B	BASE LEG 1	1
C	BASE LEG 2	1
E,F	CROSS BAR ASSEMBLY	1
G	MAIN BEAM BASE PLATE	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
d	3/8" x 4" BOLT	6
g	3/8" WASHER	12
j	3/8" LOCKING NUT	6

1. Align holes in **CROSS BAR ASSEMBLY** (from STEP 4), with holes in **BASE LEGS (B,C).**
2. Using **3/8" x 4" BOLTS (d)**, as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT(j)**, loosely assemble as per diagram (do not tighten).
3. Align holes of **MAIN BEAM BASE PLATE (G)** with holes in **BASE LEGS (B,C)**.
4. Using **3/8" x 4" BOLTS (d)**, as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT (j)**, loosely assemble as per diagram (do not tighten).
5. Once all 6 bolts are in place and loosely tightened, they can be fully tightened.

STEP 6: BOLTING SUPPORT BEAM ONTO CROSS BAR ASSEMBLY

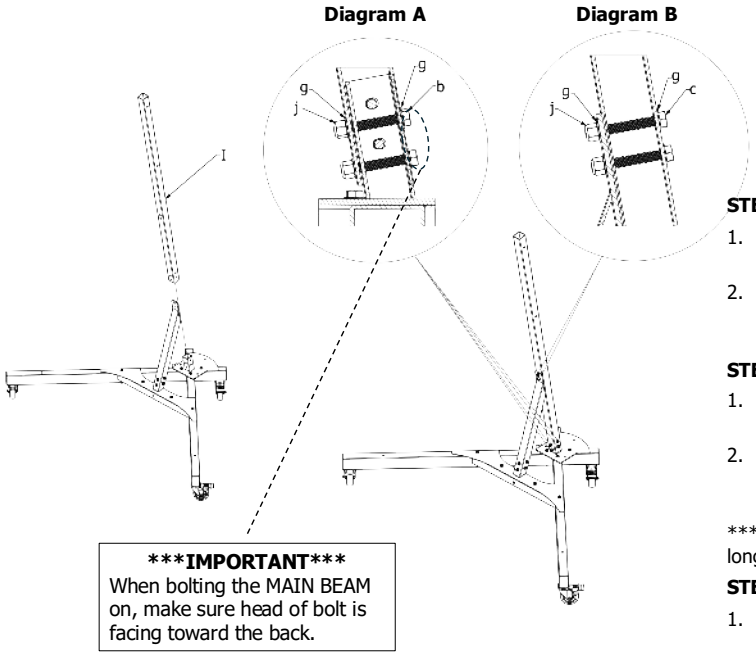


PARTS LIST		
Part ID	**Part**	**#**
E,F	CROSS BEAM ASSEMBLY	1
H	SUPPORT BEAM	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
b	3/8" x 2 ½" BOLT	4
g	3/8" WASHER	8
j	3/8" LOCKING NUT	4

1. Place **SUPPORT BEAM (H)** onto the **CROSS BAR ASSEMBLY** (FROM STEP 4), as per diagram. Align holes
2. Using **3/8" x 2 ½" BOLTS (b)**, as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT (j)**, loosely assemble as per diagram (do not tighten).
3. Do this for all 4 bolts.
4. These will be tightened in STEP 9.

STEPS 7, 8 & 9: BOLTING ON MAIN BEAM



*****IMPORTANT*****
When bolting the MAIN BEAM on, make sure head of bolt is facing toward the back.

PARTS LIST		
Part ID	**Part**	**#**
G	MAIN BEAM BASE PLATE	1
H	SUPPORT BEAM	1
I	MAIN BEAM	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
b	3/8" x 2 ½" BOLT	4
c	3/8" x 2 ¾" BOLT	2
g	3/8" WASHER	12
j	3/8" LOCKING NUT	6

STEP 7

1. Place **MAIN BEAM (I)** onto the **MAIN BEAM ASSEMBLY PLATE (G)** as per diagram.
2. Using **3/8" x 2 ½" BOLTS (b)**, as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT (j)**, loosely bolt together as per Diagram A (do not tighten).Do this for all 4 bolts.

STEP 8

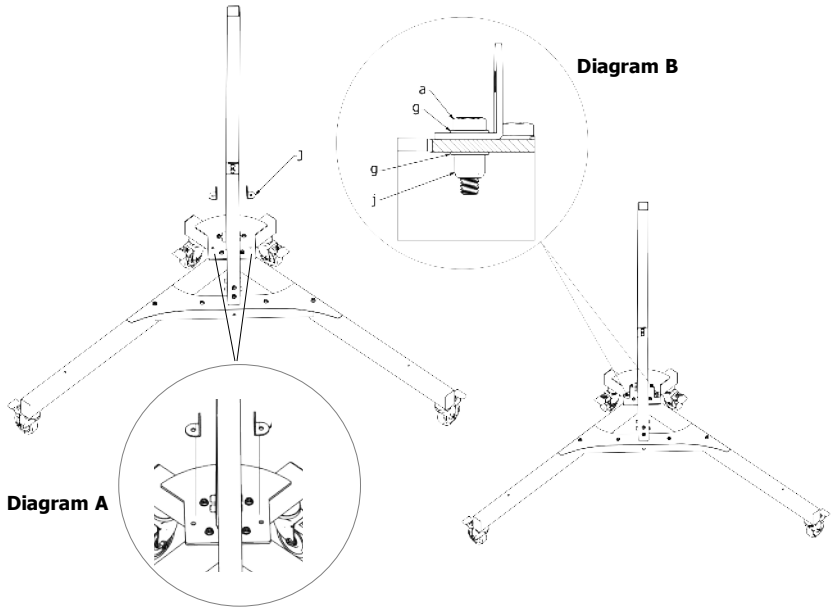
1. Align holes of **SUPPORT BEAM (H)** with **MAIN BEAM (I)**, as per Diagram B.
2. Using **3/8" x 2 ¾" BOLTS (c)**, as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT**, loosely bolt together as per Diagram B (do not tighten). Do this for both bolts.

NOTE: BOLTS USED in STEP 7 and STEP 8 are different (2 ½" long vs. 2 ¾" Long).

STEP 9

1. Once all bolts are loosely assembled, tighten all of them, as well as the bolts described in STEP 6.

STEP 10: ATTACHING L-BRACKETS



PARTS LIST		
Part ID	**Part**	**#**
J	L – BRACKET	2

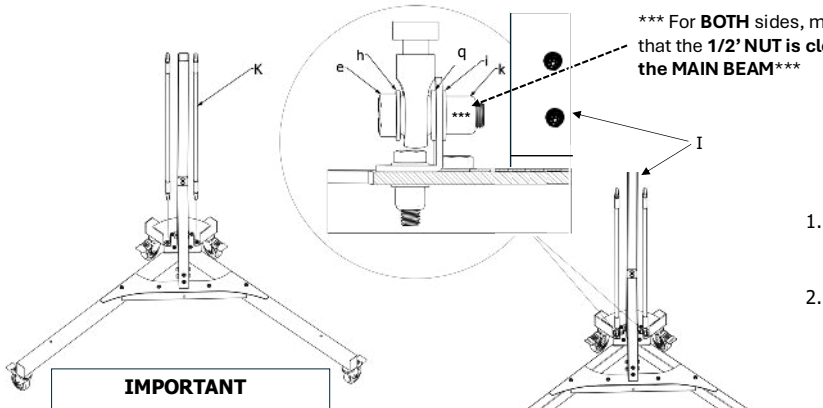
HARDWARE LIST		
Part ID	**Hardware**	**#**
a	3/8" x 1 ¼" BOLT	2
g	3/8" WASHER	4
j	3/8" LOCKING NUT	2

1. Place **L-BRACKET (J)** over hole on **MAIN BEAM ASSEMBLY PLATE (G)** as per Diagram A and align holes.
2. As shown in Diagram A, make sure that the tall part of the **L-BRACKET (J)** is closest to the **MAIN BEAM (I)**.
3. Using a **3/8" x 1 ¼" BOLT (a)**, as well as **3/8" WASHERS (g)** and **3/8" LOCKING NUT (j)**, loosely bolt together as per Diagram B.
4. Make sure that **L-BRACKET (J)** is parallel with **MAIN BEAM (I)**, as in Diagram A.
5. Make sure nut and bolt are **firmly** tightened so bracket will not shift in use.
6. Repeat for other side.

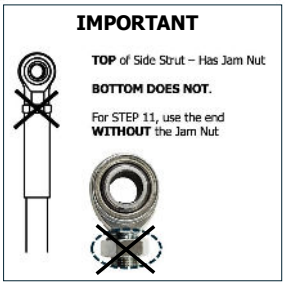
STEP 11: ATTACHING BOTTOMS OF SIDE STRUTS

PARTS LIST		
Part ID	**Part**	**#**
J	L – BRACKET	2
K	SIDE STRUT	2

HARDWARE LIST		
Part ID	**Hardware**	**#**
e	1/2" x 1 ¾" BOLT	2
h	1/2" WASHER	2
i	1/2" SPLIT WASHER	2
k	1/2" NUT	2
q	3/4" WASHER	2



*** For **BOTH** sides, make sure that the **1/2' NUT is closest to the MAIN BEAM***

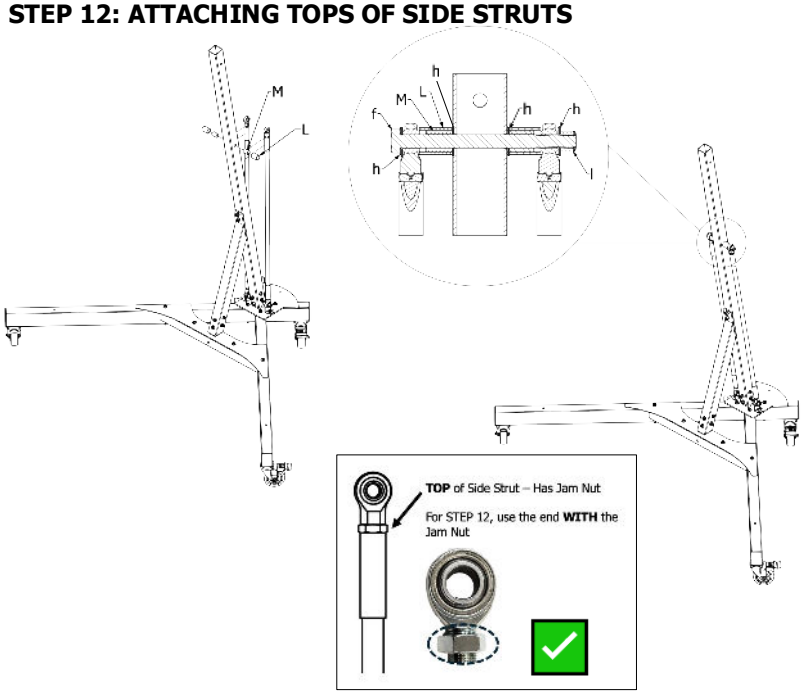


1. Join lower end of **SIDE STRUT (K)** ***the end WITHOUT the JAM NUT*** to **L-BRACKET (J)** as per diagram.
2. As shown in Diagram, make sure that the sequence of parts is correct.
   i. Head of ½" x 1 ¾" Bolt (e)
   ii. 1/2" Washer (h)
   iii. Bottom of SIDE STRUT (K)
   iv. 3/4" Washer (q)
   v. L-BRACKET (J)
   vi. ½" Split Washer (i)
   vii. ½" Nut (k) – Close to MAIN BEAM (I)
3. Tighten.
4. Repeat for other side.

STEP 12: ATTACHING TOPS OF SIDE STRUTS

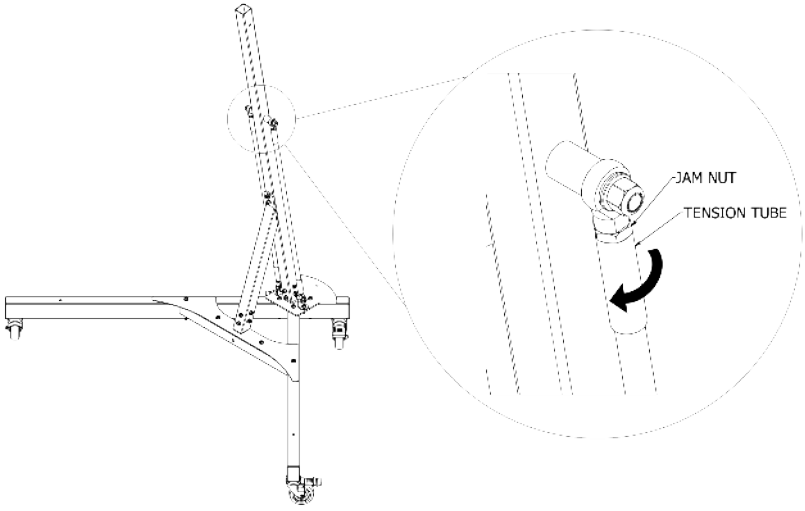
PARTS LIST		
Part ID	**Part**	**#**
K	SIDE STRUT	2
L	1" SPACER	2
M	3/4" SPACER	2

HARDWARE LIST		
Part ID	**Hardware**	**#**
f	1/2" X 6 1/2" BOLT	1
h	1/2" WASHER	4
I	1/2" LOCKING NUT	1



1. Join upper end of **SIDE STRUT (K)** ***the end WITH the JAM NUT*** as per diagram.
2. As shown in Diagram, make sure that the sequence of parts is correct.
   i. Head of ½" x 7 ½" BOLT (f)
   ii. 1/2" WASHER (h)
   iii. Top of SIDE STRUT (K)
   iv. 3/4" SPACER (M) and 1" SPACER (L) – one fits inside the other
   v. 1/2" WASHER
   vi. MAIN BEAM (I)
   vii. 1/2" WASHER
   viii. 3/4" SPACER (M) and 1" SPACER (L) – one fits inside the other.
   ix. Top of SIDE STRUT (K)
   x. 1/2" WASHER (h)
   xi. 1/2" LOCKING NUT (i)
3. Tighten.

STEPS 13 & 14: TIGHTENING SIDE STRUTS & JAM NUT



STEP 13: TENSIONING SIDE STRUTS

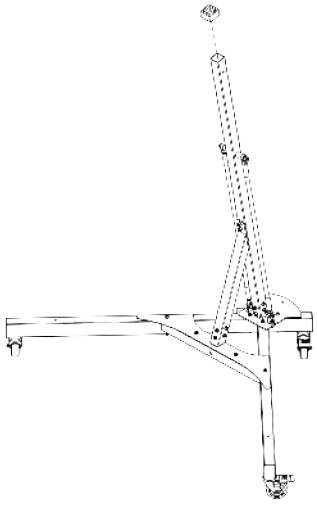
1. Turn each **SIDE STRUT** in clockwise direction to increase tension, approximately ½ turn each.
2. Switch back and forth between each side to make sure that there is an equal amount of tension on each strut.
3. Firmly hand tighten each (using tools may scratch the surface).

STEP 14: TIGHTENING JAM NUT

1. Once both **SIDE STRUTS** are tensioned, tighten JAM NUT.

STEP 15: INSTALLING COLLAR

PARTS LIST		
Part ID	**Part**	**#**
N	COLLAR	1

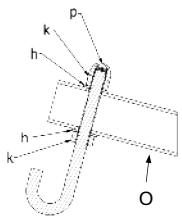


1. Orient **COLLAR (N)** with wider hole facing down.
2. Fit onto **MAIN BEAM (I)**
3. Tap into place using Rubber Mallet if necessary.

STEP 16: HOOK ASSEMBLY

PARTS LIST		
Part ID	**Part**	**#**
O	HOOK TUBE	1

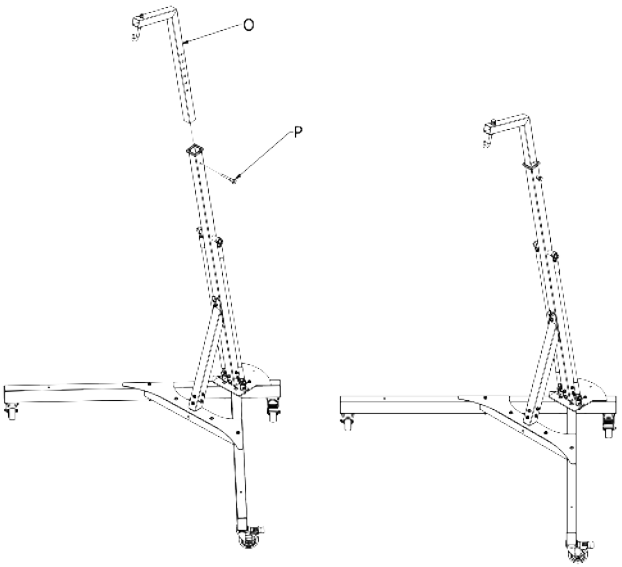
HARDWARE LIST		
Part ID	**Hardware**	**#**
	J-HOOK	1
h	1/2" WASHER	2
k	1/2" NUT	2
p	1/2" CAP NUT	1



1. Thread **1/2" NUT (k)** onto **J-HOOK** and tighten.
2. Place **1/2" WASHER (h)** on threaded stem of **J-HOOK.**
3. Insert through hole in bottom of **HOOK TUBE (O)**, as per diagram.
4. Place **1/2" WASHER (h)** on threaded stem of **J-HOOK.**
5. Thread **1/2" NUT (k)** onto **J-HOOK** and tighten frrmly.
6. Thread **1/2" NUT (p)** onto **J-HOOK** and tighten firmly.

STEP 17: INSTALLING HOOK TUBE

PARTS LIST		
Part ID	**Part**	**#**
O	HOOK TUBE	1
P	ADJUSTMENT PIN	1

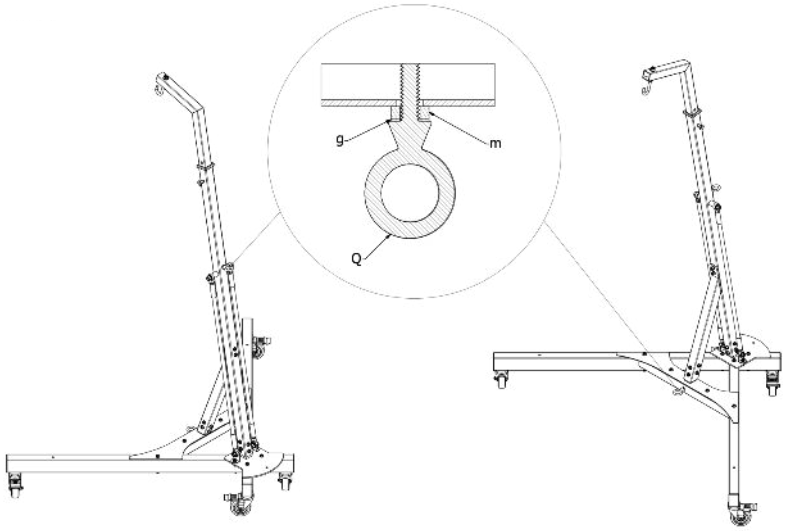


1. Insert **HOOK TUBE (O)** through **COLLAR (N).**
2. Adjust to desired height – a good place to start is with one hole showing above the **MAIN BEAM (I).**
3. Inert **ADJUSTMENT PIN (P)**. Make sure to push button on pin whenever inserting or removing pin.

STEP 18: INSTALLING EYE-BOLTS

PARTS LIST		
Part ID	**Part**	**#**
E,F	CROSS BAR ASSEMBLY	1
I	MAIN BEAM	1
Q	EYE-BOLT	2

HARDWARE LIST		
Part ID	**Hardware**	**#**
g	3/8" WASHER	2
m	3/8" RUBBER WASHER	2

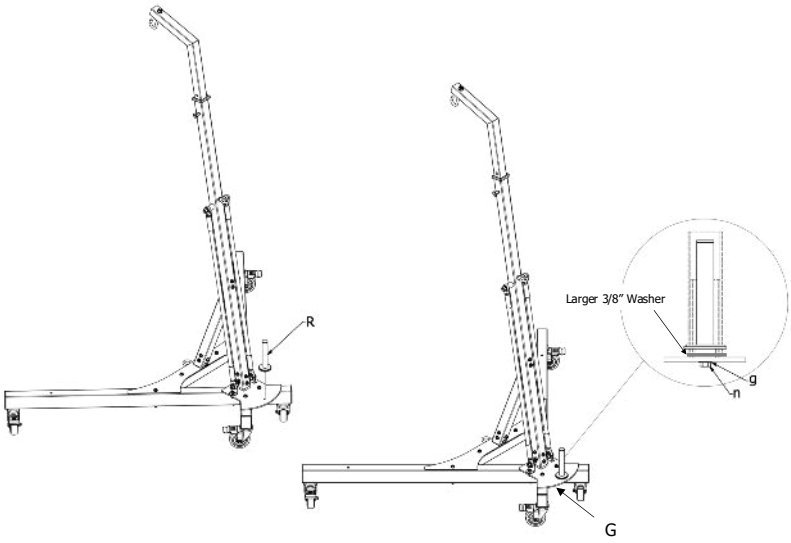


1. Screw **EYE-BOLT (Q)** into thread at back of **MAIN BEAM (I).** This will be used for the Bag Restraint.
2. Note, there is a **3/8" WASHER** and a **3/8" RUBBER WASHER** between the **EYE-BOLT (Q)** and the **MAIN BEAM (I).**
3. Hand tighten to a point where EYE-BOLT (Q) is parallel with the ground.
4. Repeat for the **CROSS BAR ASSEMBLY** (from STEP 4). This will be used for the bag tether.

STEP 19: INSTALLING REAR WEIGHT COLUMN

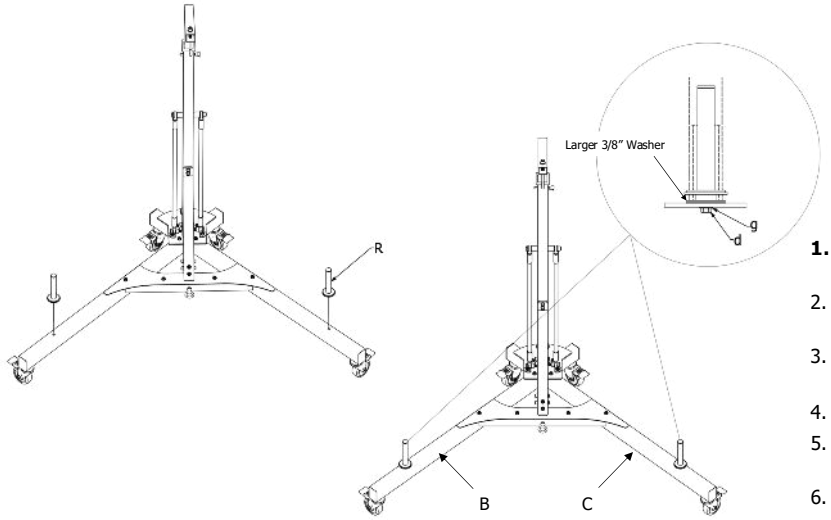
PARTS LIST		
Part ID	**Part**	**#**
G	MAIN BEAM BASE PLATE	1
R	WEIGHT COLUMN	1

HARDWARE LIST		
Part ID	**Hardware**	**#**
a	3/8" x 1 ¼" BOLT	1
g	3/8" WASHER	1
	LARGER 3/8" WASHER	1



1. There are 3 **WEIGHT COLUMNS (R)**, the Rear Column uses a shorter bolt (**3/8" x 1 ¼" BOLT**) relative to the Front Weight Columns (**3/8" x 4" BOLT**).
2. Place **3/8" WASHER** onto **3/8" X 1 ¼" BOLT (a)**.
3. Insert bolt from underneath the **MAIN BEAM BASE PLATE (G)**, as per diagram.
4. Screw **WEIGHT COLUMN (R)** onto bolt.
5. Note, the **WEIGHT COLUMN (R)** has a larger 3/8" washer underneath it.
6. While holding weight tube in hand, tighten bolt from below. **DO NOT** use any tool on the **WEIGHT COLUMN (R)** as powder coated finish may scratch.

STEP 20: INSTALLING FRONT WEIGHT COLUMNS

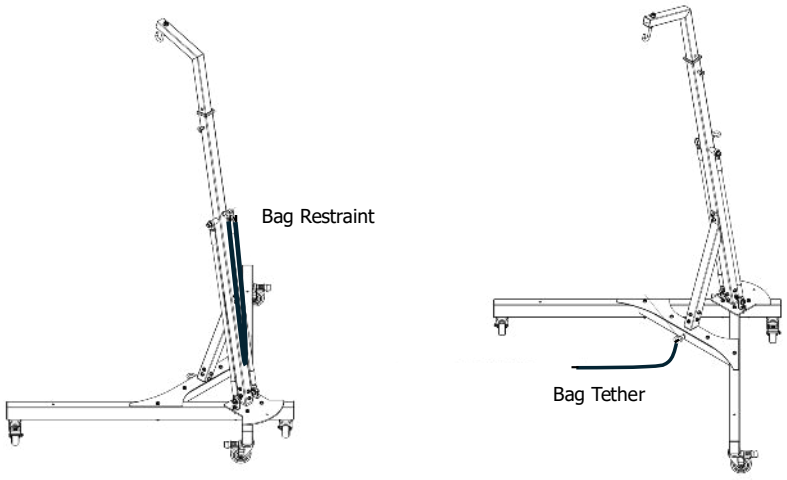


PARTS LIST		
Part ID	**Part**	**#**
B,C	BASE LEGS	2
R	WEIGHT COLUMN	2

HARDWARE LIST		
Part ID	**Hardware**	**#**
d	3/8" x 4" BOLT	2
g	3/8" WASHER	2
	LARGER 3/8" WASHER	2

1. **SKIP** this step (go to STEP 21) if you are ALSO installing **SIDE BRACES**.
2. Place **3/8" WASHER (g)** onto **3/8" X 4" BOLT (d)**.
3. Insert bolt from underneath **the BASE LEG (B,C)**, as per diagram.
4. Screw **WEIGHT COLUMN (R)** onto bolt.
5. Note, the **WEIGHT COLUMN (R)** has a larger 3/8" WASHER underneath it.
6. Tighten bolt from below. DO NOT use any tool on the **WEIGHT COLUMN (R)** as powder coated finish may scratch.

STEP 21: BAG RESTRAINT & BAG TETHER



PARTS LIST		
Part ID	**Part**	**#**
I	MAIN BEAM	1
Q	EYE-BOLT	2
E,F	CROSS BAR ASSEMBLY	1
V	BAG RESTRAINT	1
W	BAG TETHER	1

1. Attach both ends of **BAG RESTRAINT** to **EYE-BOLT (Q)** on **MAIN BEAM (I).**
2. The **BAG RESTRAINT (V)** is the one that is wider and longer relative to the **BAG TETHER (W)**.
3. One the bag is hung, you can adjust the length of the **BAG RESTRAINT (V)** strap so it will hold the heavy bag close to the **MAIN BEAM (I)** when heavy bag is not in use or being moved.
4. Attach one end to the **EYE-BOLT (Q)** on the **CROSS BAR ASSEMBLY** (from STEP 4). The other end will be clipped to the D-Ring on the bottom of the heavy bag once it is hung.
5. The length of the **BAG TETHER (W)** should be adjusted as per safety instructions included in this manual.

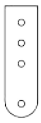
Perseverance is not a long race; it is many short races one after the other.

- Walter Elliott -

SIDE BRACE ASSEMBLY INSTRUCTIONS

LIST OF PARTS & HARDWARE

U: NON_LOCKING CASTER



T: SIDE BRACE PLATE

S: SIDE BRACE MAIN TUBE

IMPORTANT

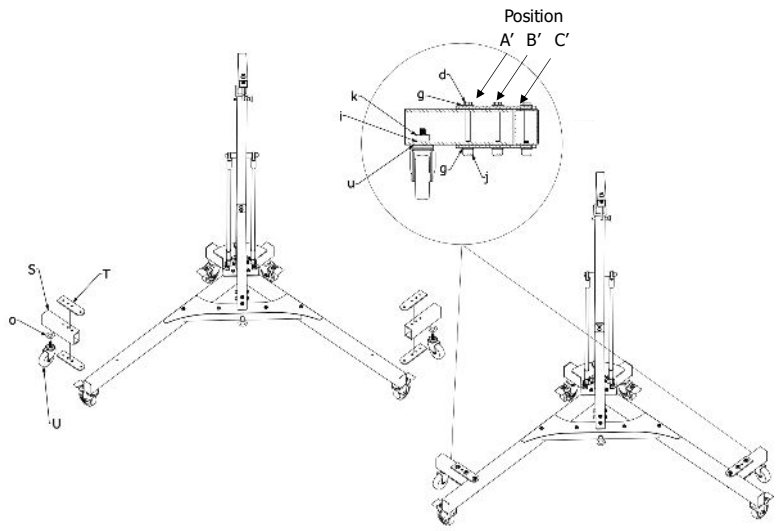
- Stands DO NOT ship with the SIDE BRACE inside the stand box.
- The SIDE BRACE is either purchased at the time of the initial stand acquisition, or afterward.
- Either way, the side brace will be shipped separately from the stand itself.

PARTS LIST		
Part ID	**Part**	**#**
D	END CAP	4
S	SIDE BRACE MAIN TUBE	2
T	SIDE BRACE PLATE	4
U	NON-LOCKING CASTERS	2

HARDWARE LIST		
Part ID	**Hardware**	**#**
d	3/8" x 4" BOLT	6
g	3/8" WASHER	12
i	1/2" SPLIT WASHER	4
j	3/8" LOCKING NUT	6
k	1/2" NUT	4

- The Weight Columns and associated hardware (i.e., Bolts and Washers) shipped with the main stand are to be used for the side braces as well.

STEP 1: ATTACHING SIDE BRACES TO STAND

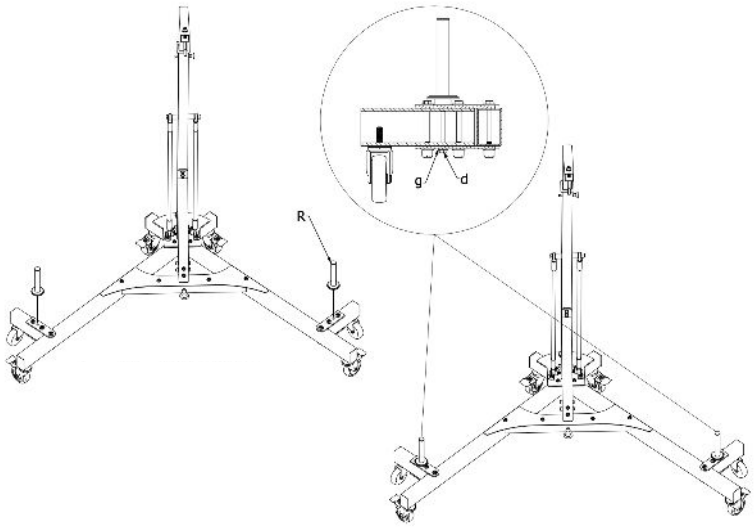


PARTS LIST		
Part ID	**Part**	**#**
D	END CAP	4
S	SIDE BRACE MAIN TUBE	2
T	SIDE BRACE PLATE	4
U	NON-LOCKING CASTERS	4

HARDWARE LIST		
Part ID	**Hardware**	**#**
d	3/8" x 4" BOLT	6
g	3/8" WASHER	12
i	1/2" SPLIT WASHER	4
j	3/8" LOCKING NUT	6
k	1/2" NUT	4

1. The **SIDE BRACES** are shipped in an assembled manner. This diagram may be used in the future if dismantled.
2. When shipped, bolts in Positions A', B' and C' are not completely tightened. Do not tighten yet.
3. Remove bolt in Position C'.
4. Carefully slide side **SIDE BRACE** onto **BASE LEG**. You may need to raise the stand up slightly in the front in order to do this. **Please ensure bag is down prior to this for safety purposes.**
5. After putting a **3/8" WASHER** on the **3/8" x 4" BOLT**, insert this through the top **PLATE**, through the **BASE LEG** and then the bottom plate. This is where Position C' is in the diagram.
6. Tighten all bolts. Repeat for other side.

STEP 2: INSTALLING WEIGHT COLUMNS



PARTS LIST		
Part ID	**Part**	**#**
R	WEIGHT COLUMN	2

HARDWARE LIST		
Part ID	**Hardware**	**#**
d	3/8" x 4" BOLT	2
g	3/8" WASHER	2

1. Place 3/8" washer onto **3/8" X 4" BOLT (d)**.
2. Insert bolt from underneath the hole in the **SIDE BRACE**, as per diagram.
3. Screw **WEIGHT COLUMN (R)** onto bolt.
4. Note, the **WEIGHT COLUMN (R)** does not have a washer underneath it.
5. Tighten bolt from below. DO NOT use any tool on the **WEIGHT COLUMN (R)** as powder coated finish may scratch.
6. Repeat for second **WEIGHT COLUMN (R)**

FAQs

Shock Absorption

- Shock absorption is built into stand.
- The stand is built from heavy-duty steel and quality parts.
- It is also designed to absorb impact when hit.
- Movement in the main-beam and side struts will occur - this is normal.
- Shock is also absorbed by soft rubber wheels.

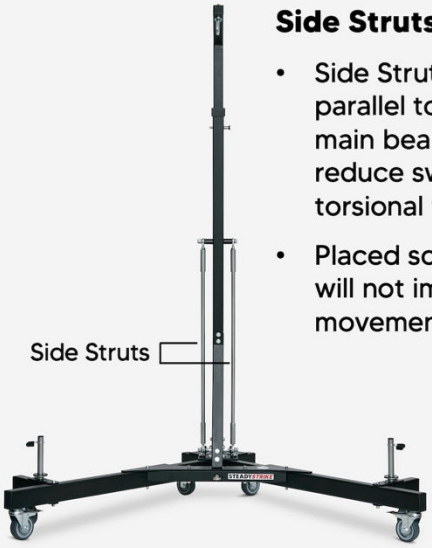
Can you kick the bag?

- Yes, **light to moderate** kicking may occur.
- Side Braces and appropriate weights on columns will be required.
- Bag should **never** be kicked toward the main beam.

Weight Columns

- Weights elevated above stand reduce rattle of the weight against the frame.
- Rubber pad and weight clamp greatly reduce chatter (noise) from weights during use.

Side Struts



- Side Struts parallel to the main beam reduce sway & torsional forces.
- Placed so they will not impede movement.

www.steadystrike.com

Questions?

Email: info@steadystrike.com

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