

HART™



Punching Bag Stand
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PROJECT PLAN

Finished Dimensions: 56" L x 42" D x 72" H

Skill Level: Intermediate

Materials

Item	Qty
4" x 4" x 8' Posts*	3
6" Wood Screws	32
3.5" Wood Screws	20
Wood Glue	1 bottle
3" Corner Brackets (purchase from Walmart here)	8-10
Punching Bag (purchase from Walmart here)	1 bag
Punching Bag Wood Beam Holder Hardware (purchase from Walmart here)	1 set

* Board dimensions are "nominal." Actual dimensions are smaller due to lumber industry standards. Cuts are actual length.



A select/premium board or plywood comes with a smoother surface finish. It is clear or has very few tight knots, and it will have straight and sharp edges. This grade of wood pairs well with other boards or panels better and requires less time to sand and finish.

Tools Used



10" Miter Saw



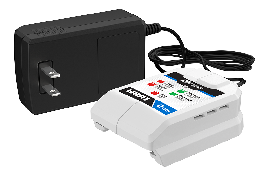
20V 1/2" Drill/Driver



20V Impact Driver



20V 4.0Ah Battery



20V Fast Charger



Tape Measure



Work Table & Clamps



Safety Glasses



Carpenter's Pencil

Also Need:
Large Clamps



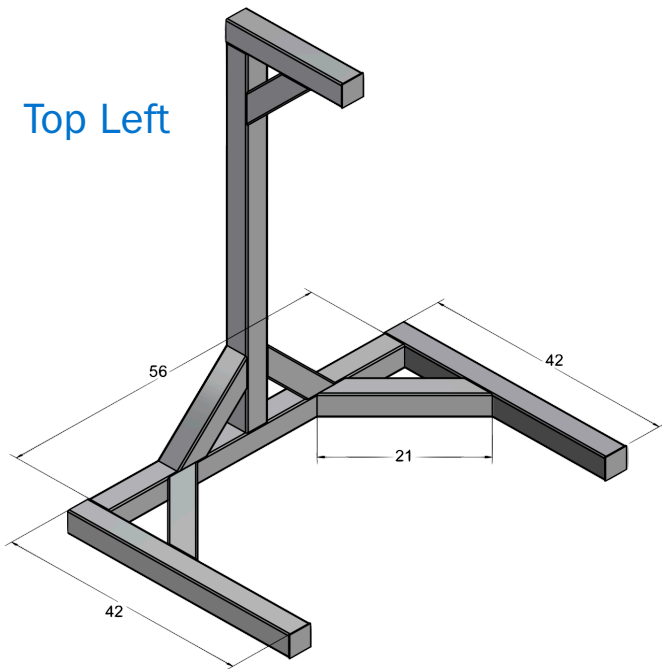
Battery Tip: A 4.0Ah battery is recommended to be paired with high amp draw tools for maximum efficiency.

Lumber Cut List

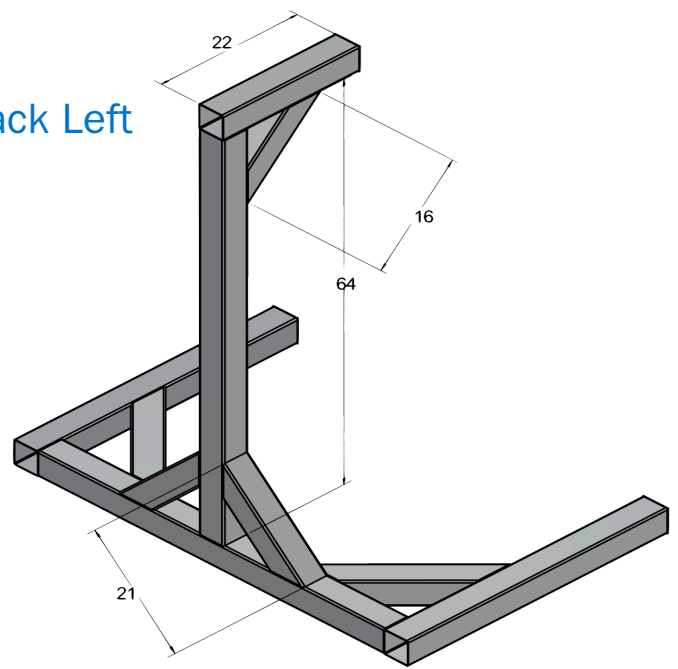
Board*	Description	Cut To	Qty
4" x 4" x 8' Post*	Vertical Support	64"	1
4" x 4" x 8' Post*	Base Back	56"	1
4" x 4" x 8' Post*	Base Left & Right	42"	2
4" x 4" x 8' Post*	Base Supports	21" ends @ 45° angle	4
4" x 4" x 8' Post*	Top Hanger	22"	1
4" x 4" x 8' Post*	Top Support	16"	1

* Board dimensions are "nominal." Actual dimensions are smaller due to lumber industry standards. Cuts are actual length.

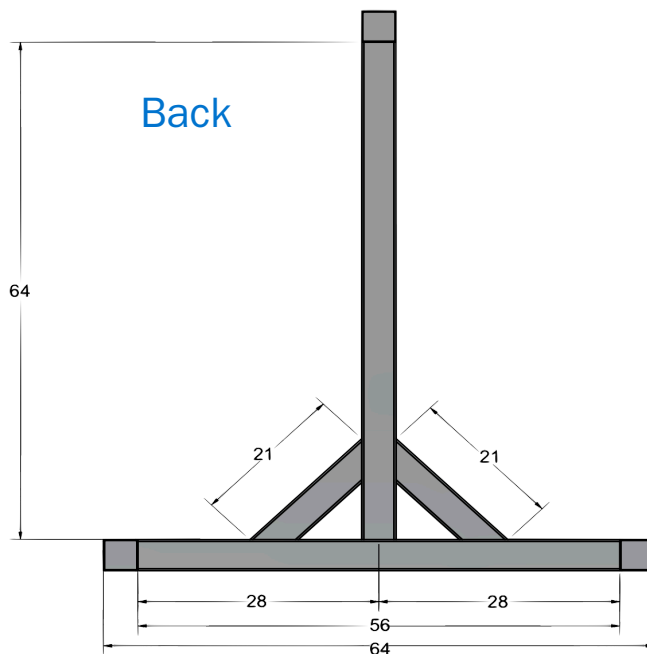
Top Left



Back Left



Back



Assembly Instructions

Step 1

Use your miter saw to cut your 4x4 lumber following the Lumber Cut List. When cutting your pieces that require 45-degree angles, make sure the cuts on each end of the board are opposite of one another so your board will fit snugly at a 90-degree angle.

Step 2

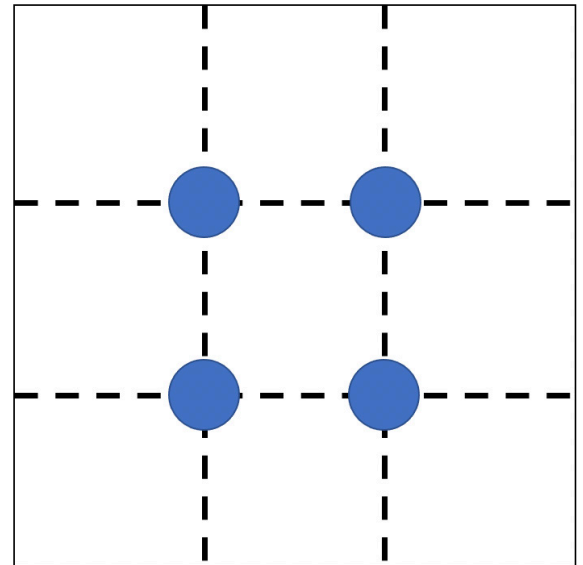
When your cuts have been made, it's time to assemble!

Start by pre-drilling holes where your posts will connect. Use a ruler or tape measure to draw a 6x6 grid on the board and mark the four places where the gridlines intersect—this is where you'll pre-drill your (4) holes in each of the posts.

This board will lay flat on the ground with the 64" cut standing vertically in the center by the end of your assembly.

Then, pre-drill holes in the following boards:

- Both ends of the 64" cut
- One end of each of the 42" cuts
- Both ends of the 56" cut
- The bottom side of the 22" cut

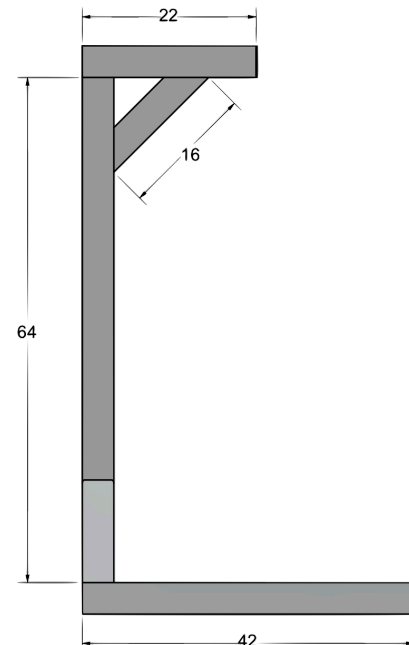


Step 3

After you have pre-drilled the holes, begin assembling the top portion of the punching bag stand.

Place your 22" cut on top of your 64" cut and clamp them in place. It should look like an "L."

Then take your 6" screws and your impact driver and drill them into your pre-drilled holes.



Step 4

Now for the base: take your 56" cut and both of your 42" cuts and assemble them so you will have something resembling a square with one side open. It should look similar to a "U" shape.

When you have the shape in order, take it one side at a time and add wood glue to the ends of the boards where they'll attach. Use your clamp to hold them in place while using (8) 6" screws and your impact driver to screw them in.

Step 5

The stand's base and top are now assembled and need to be connected. The open end of the 64" post will be screwed into the center of the base you just created with the 56" post, opposite to the open side.

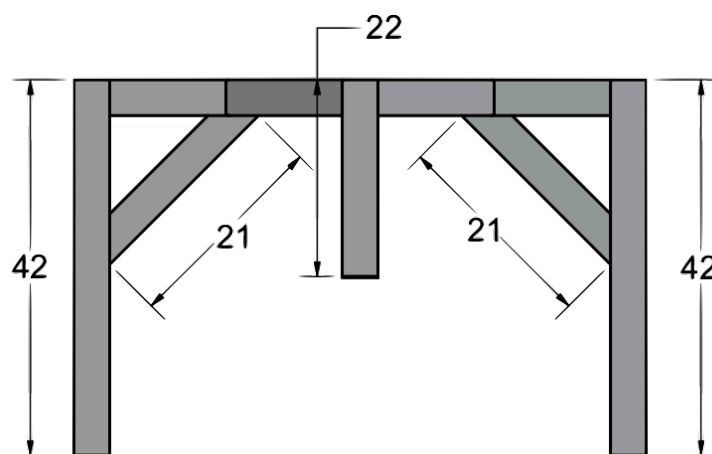
Before you drill your set of (4) 6" screws into the base, make sure your 22" 4x4 on the other side from where you are screwing is facing the same direction as your two 42" sides of the base. Your punching bag will be hanging off that 22" cut up top.

Step 6

Next, you'll add the supporting pieces that you cut at 45-degree angles to secure the base.

Your 16" angled post will go between your 22" top post and 64" vertical post. Make sure there is plenty of room to hang your punching bag hardware. Add wood glue, then screw the narrow ends to your 4x4 with the 3.5" screws and the deeper sides with your 6" screws.

Repeat this process with the 21" cuts. Two of the cuts will go from the 64" post to the 56" base on either side of the stand. The other two cuts will attach to your 56" base and the 42" sides; these will be horizontal to the floor.



Step 7

You should now be able to stand up the fully assembled punching bag. For extra support, add corner brackets to every corner of the stand.

To finish your stand, paint or stain it in your preferred color (we went with an ebony wood stand for a sleek black look).

Once dry, hang your punching bag, and you're ready to knock out your fitness goals!

