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> Lebert Fitness Dip Bar Stand - Original Equalizer Total Body Strengthener Pull Up Bar Home Gym Exercise Equipment Dipping Station - Frank Medrano Series, Chrome (XL)

## Lebert Fitness 07-71700

# Lebert Fitness Dip Bar Stand - Original Equalizer Total Body Strengthener

Model: Frank Medrano Series, Chrome (XL)

Brand: Lebert Fitness

## INTRODUCTION

The Lebert Fitness Dip Bar Stand, also known as the Original Equalizer, is a versatile and portable bodyweight strength training equipment designed to engage your arms, chest, back, and core muscles. This XL version is 3 inches taller than the standard model, making it ideal for individuals taller than 6'1" and allowing for deeper stretches and full extension during exercises. It utilizes your bodyweight as resistance, offering a comprehensive full-body workout.

## SAFETY INFORMATION

Before beginning any exercise program, consult with a healthcare professional. Always inspect the equipment for any damage or loose parts before each use. Ensure the bars are placed on a stable, level surface. Maintain proper form during all exercises to prevent injury. The Lebert Fitness Dip Bar Stand is designed to support up to 400 pounds. Do not exceed this weight limit.

## PRODUCT OVERVIEW AND COMPONENTS

The Lebert Fitness Dip Bar Stand consists of two independent bars, each weighing 9 pounds, crafted from durable alloy steel with a chrome finish. Each bar features a solid foam grip to enhance comfort, increase friction, and minimize hand and arm fatigue during workouts. The XL model's dimensions are 31"H x 25"W.



The Lebert Fitness Dip Bar Stand in Chrome (XL) model, showcasing its sturdy design and foam grips.

Included in the package are:

- (2) Frank Medrano Signature Series Chrome EQualizer XL bars
- Instructional DVD (for initial setup and exercise guidance)

## SETUP AND ASSEMBLY

The Lebert Fitness Dip Bar Stand is designed for easy assembly. Simply connect the components as instructed in the included DVD. All necessary tools and hardware are provided. The independent nature of the bars allows for flexible placement and easy storage when not in use.

Video demonstrating the portability and ease of setup/storage of the Lebert Fitness Dip Bars.

## OPERATING INSTRUCTIONS AND EXERCISES

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The Lebert Fitness Dip Bar Stand offers a wide range of bodyweight exercises for a full-body workout. Its design allows for both stable and unstable movements, providing immediate biofeedback to help users perform exercises correctly.

Video showcasing various exercises that can be performed with the Lebert Fitness EQualizers, including strength, core, and mobility movements.

Common exercises include:

- **Dips:** Target chest, triceps, and shoulders.
- **Push-ups:** Incline push-ups for chest and triceps.
- **L-sits:** Engage core and hip flexors.
- **Knee and Leg Raises:** Strengthen abdominal muscles.
- **Inverted Rows:** Work back and biceps.
- **Stretches:** Improve flexibility and mobility.



An L-sit exercise demonstrating core strength and the versatility of the dip bars for various bodyweight movements.



Demonstration of advanced calisthenics, a handstand, utilizing the stability of the dip bars.



An advanced calisthenics movement, the planche, showcasing the robust support provided by the dip bars.



The lightweight and portable design of the Lebert Fitness Dip Bar, making it easy to move and store.

## MAINTENANCE

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To ensure the longevity and optimal performance of your Lebert Fitness Dip Bar Stand, regularly wipe down the bars with a damp cloth after use to remove sweat and grime. Inspect the foam grips for any signs of wear and tear. Store the bars in a dry environment to prevent rust or damage.

## TROUBLESHOOTING

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**Issue:** Bars feel unstable during use.

**Solution:** Ensure the bars are placed on a completely flat and stable surface. For exercises like dips and push-ups, proper form is crucial for stability. Ensure your weight is distributed evenly and that you are engaging your

core. The Lebert EQualizer's design incorporates both stability and instability for varied workouts; however, for foundational movements, focus on controlled, centered movements. Refer to the 'EQualizer Design Philosophy' video for detailed guidance on maintaining stability during exercises.

Video explaining the design philosophy behind the Lebert EQualizer, focusing on how to utilize its stability and instability for effective workouts.

## SPECIFICATIONS

<b>Brand</b>	Lebert Fitness
<b>Material</b>	Alloy Steel
<b>Color</b>	White
<b>Product Dimensions</b>	31"L x 25"W x 31"H
<b>Handle Type</b>	Fixed
<b>Maximum Weight Recommendation</b>	400 Pounds
<b>Included Components</b>	EQualizer Bars
<b>Manufacturer</b>	Lebert Fitness
<b>UPC</b>	040232351716
<b>Model Name</b>	Lebert EQualizer Bars

## WARRANTY AND SUPPORT

This product comes with **No Warranty** as per manufacturer specifications. For additional support or exercise guidance, please refer to the instructional DVD included with your purchase or visit the official Lebert Fitness website.

A user manual in PDF format is also available for download: [User Manual \(PDF\)](#)