

Soozier A91-065

Soozier A91-065 Dip Station User Manual

Model: A91-065

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the Soozier A91-065 Dip Station, please read and understand all instructions in this manual. Keep this manual for future reference.

- **Maximum Weight Capacity:** This dip station is designed to support a maximum user weight of 220 lbs (100 kg). Do not exceed this weight limit.
- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Proper Assembly:** Ensure all parts are correctly assembled and all bolts are securely tightened before each use. Loose components can lead to instability and injury.
- **Stable Surface:** Use the dip station on a flat, stable, and non-slip surface to prevent tipping or movement during exercise.
- **Inspect Before Use:** Regularly inspect the equipment for any signs of wear, damage, or loose parts. Do not use if any damage is found.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Proper Form:** Always maintain proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.

2. PACKAGE CONTENTS

The Soozier A91-065 Dip Station package includes the following components:

- Dip Station frame components
- Assembly hardware (bolts, nuts, washers)
- Instruction manual

Please verify all parts are present and undamaged before proceeding with assembly. If any parts are missing or damaged, contact customer support.

3. ASSEMBLY INSTRUCTIONS

Assembly of the Soozier A91-065 Dip Station is required. Follow these steps carefully to ensure proper and safe construction.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Assemble Base:** Connect the horizontal base bars to the vertical support posts using the provided bolts, washers, and nuts. Ensure the stable triangle structure is correctly formed at the joints for maximum stability.
3. **Attach Upright Posts:** Secure the main upright posts to the assembled base. These posts feature multiple adjustment holes for height customization.
4. **Install Dip Handles:** Insert the dip handles into the top of the upright posts. Ensure they are fully seated and secured.
5. **Secure Non-slip Foot Pads:** Verify that the four non-slip rubber foot pads are firmly attached to the bottom of the base. These pads help keep the equipment stable and protect your floor.
6. **Tighten All Fasteners:** Once all components are in place, go back and securely tighten all bolts and nuts. Do not overtighten, but ensure there is no wobble.

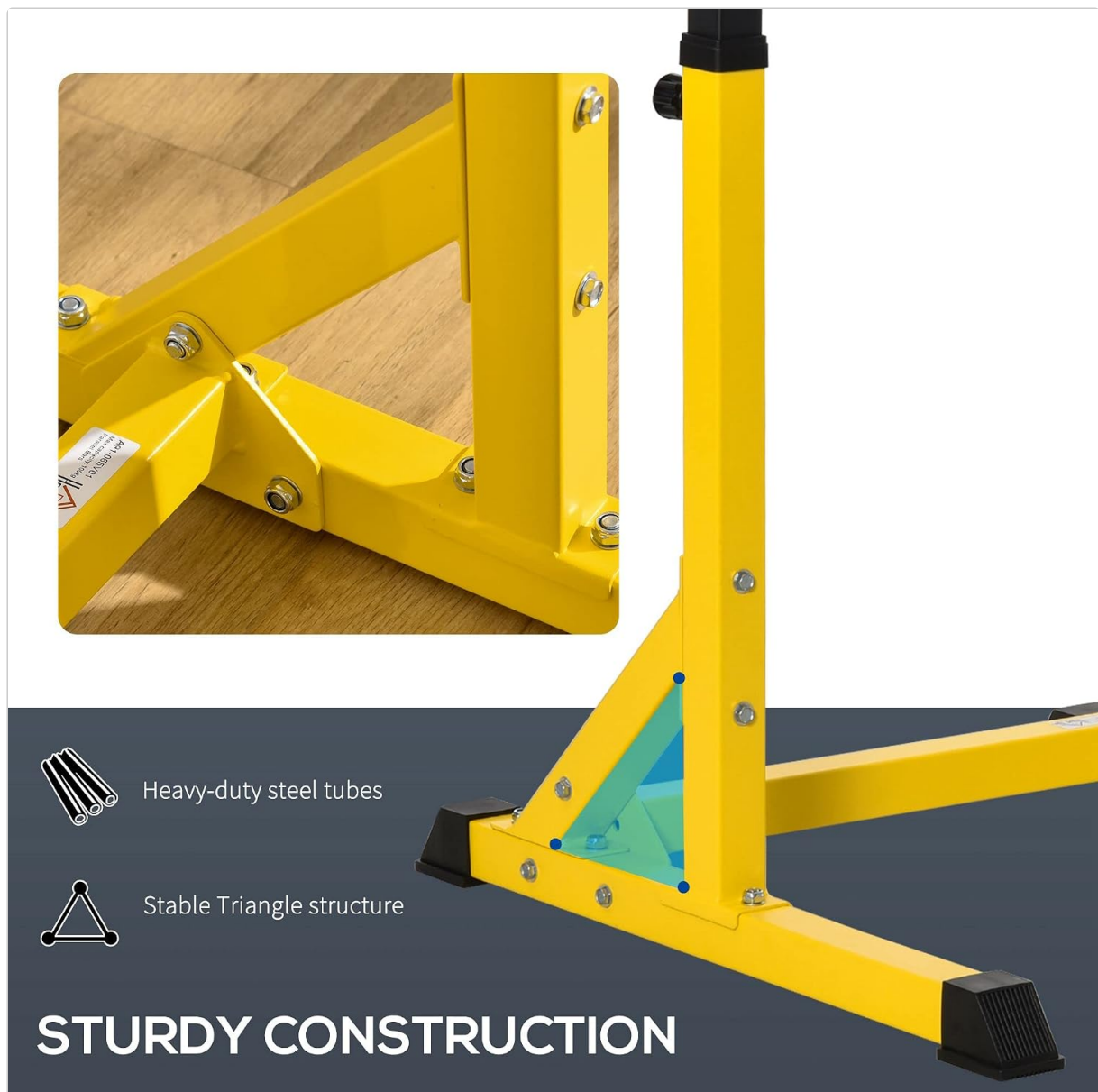


Figure 3.1: Illustration of the sturdy construction, highlighting heavy-duty steel tubes and stable triangle structure.

DIP STATION EXERCISE



Pull Up



Chest Dip

Figure 3.2: Detail of the base connection points, showing bolts and structural integrity.

4. OPERATING INSTRUCTIONS

The Soozier A91-065 Dip Station is designed for various bodyweight exercises. Follow these guidelines for effective and safe use.

4.1 Height Adjustment

The dip station features 10 levels of height adjustment, ranging from approximately 37.8 inches (96 cm) to 49.6 inches (126 cm). This allows users of different heights to find a comfortable and effective workout position.

1. **Unlock:** Locate the adjustment knob on each upright post. Turn the knob counter-clockwise to loosen and pull it out.
2. **Adjust:** Slide the inner post up or down to the desired height, aligning the holes.
3. **Lock:** Release the knob, ensuring it fully engages in the selected height adjustment hole. Turn clockwise to tighten the knob securely.
4. **Verify:** Gently test the stability of the handles at the new height before beginning your exercise.



ADJUSTABLE HEIGHT

Adjustable in 10 levels within 83-119cm, suitable for a large number of people of different heights



Figure 4.1: Adjustable height feature with a close-up of the adjustment knob.

4.2 Exercise Examples

This versatile equipment can be used for a variety of exercises:

- **Dips:** Position yourself between the bars, grip the handles, and lower your body by bending your elbows. Push back up to the starting position.
- **Push-ups:** Use the bars for elevated push-ups, which can increase the range of motion and intensity.
- **Abdominal Raises / Knee Raises:** Face the dip station, grip the handles, and lift your knees towards your chest or perform straight leg raises.
- **L-sits:** Grip the handles, lift your body off the ground, and extend your legs straight out in front of you, forming an 'L' shape.



Figure 4.2: Examples of exercises: Pull-up (L-sit variation) and Chest Dip.

4.3 Compact Design

When not in use, the dip station can be adjusted to its lowest height setting for convenient storage, minimizing its footprint in your home gym area.

COMPACT DESIGN

When not in use, the item can stay at the lowest level for convenient storage



Figure 4.3: Dip station in compact design for storage.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your dip station.

- **Cleaning:** Wipe down the frame and handles with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and other fasteners to ensure they remain tight. Retighten as necessary.
- **Inspect Components:** Regularly inspect the steel frame for any signs of rust, cracks, or deformation. Check the foam grips for wear or tears and the non-slip foot pads for damage.
- **Storage:** Store the dip station in a dry environment to prevent rust and damage.

6. TROUBLESHOOTING

If you encounter issues with your Soozier A91-065 Dip Station, refer to the following common solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Equipment feels wobbly or unstable	Loose bolts or uneven surface	Ensure all assembly bolts are securely tightened. Move the dip station to a flat, level surface.
Height adjustment knob is stuck	Dirt in mechanism or overtightened	Clean the adjustment mechanism. Ensure the knob is fully loosened before attempting to adjust height.
Handles feel slippery	Sweat or worn foam grips	Wipe handles clean. Consider replacing foam grips if severely worn.

If the problem persists, contact Soozier customer support.

7. SPECIFICATIONS

Detailed specifications for the Soozier A91-065 Dip Station:

- **Model Number:** A91-065
- **Product Dimensions (L x W x H):** 83.5 cm x 71.5 cm x 96-126 cm (32.9" L x 28.1" W x 37.8"-49.6" H)
- **Item Weight:** 13.97 kg (30.8 lbs)
- **Maximum Weight Recommendation:** 99.79 kg (220 lbs)
- **Material:** PVC, Steel pipe
- **Color:** Black and Yellow
- **Handle Type:** Fixed, with foam pads
- **Height Adjustment:** 10 levels
- **Country of Origin:** China



Figure 7.1: Key dimensions of the Soozier A91-065 Dip Station.

DETAILS



Handles with foam pads for comfort

Non-slip footpads for safety



Figure 7.2: Details of the handles with foam pads and non-slip footpads.

8. WARRANTY INFORMATION

The Soozier A91-065 Dip Station comes with a **90-day warranty against manufacturer defects**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, abuse, accident, alteration, or improper assembly.

For warranty claims, please retain your proof of purchase and contact customer support.

9. SUPPORT

For any questions, assistance, or to report missing/damaged parts, please contact Soozier customer support:

- **Manufacturer:** Aosom Canada
- **Contact Number:** 1-416-792-6088
- **Brand Store:** [Visit the Soozier Store on Amazon.ca](#)

