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› K-Sport Dip Station with Parallel Bars - Instruction Manual

K-Sport Dip Station with Parallel Bars (B08CSYZVC5)

K-Sport Dip Station with Parallel Bars - Instruction Manual

INTRODUCTION

This manual provides comprehensive instructions for the safe assembly, operation, and maintenance of your K-Sport Dip Station with Parallel Bars. Please read this manual thoroughly before assembly and use to ensure proper function and user safety. Keep this manual for future reference.

The K-Sport Dip Station is designed for effective bodyweight training, including dips, push-ups, L-sits, and other exercises, suitable for home gym environments. Its height-adjustable feature allows for versatile workouts targeting various muscle groups, particularly the upper body.

SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 290 kg (639 lbs).
- Use the equipment on a stable, level surface to prevent tipping.
- Keep children and pets away from the equipment during use.
- Inspect the equipment regularly for wear and tear. Discontinue use if any damage is observed.
- Wear appropriate athletic footwear and clothing during exercise.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.

PACKAGE CONTENTS

Before beginning assembly, verify that all parts are present and undamaged. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- Two (2) Main Dip Bar Frames
- Two (2) Connecting/Stabilization Rods
- Four (4) Base Supports with non-slip feet
- Assembly Hardware (bolts, washers, nuts, adjustment pins)
- Assembly Tools (wrenches, Allen keys - may vary)



Versatile Home Training

Space-Saving Solution

Versatile Training:
Dips, Australian Pull-ups & Leg Lifts

Solid Steel Frame Stability

290kg Maximum Load

For both Indoor & Outdoor use

made in EU

Image: Fully assembled K-Sport Dip Station, showing the two main frames, connecting rods, and stable bases.

SETUP AND ASSEMBLY

Follow these steps to assemble your K-Sport Dip Station. It is recommended to have two people for easier assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify against the package contents list.
2. **Attach Base Supports:** Secure the base supports to the bottom of each main dip bar frame using the provided bolts and nuts. Ensure the non-slip feet are facing downwards. Tighten securely.
3. **Connect Main Frames:** Position the two main dip bar frames parallel to each other. Insert the connecting/stabilization rods into the designated holes on the lower section of each frame. Secure with bolts and nuts. This step enhances overall stability.
4. **Adjust Height:** The dip bars feature multiple height adjustment holes. Select your desired height by aligning the holes on the inner and outer tubes and inserting the adjustment pins. Ensure both bars are set to the same height for balanced use.

5. **Final Check:** Before first use, double-check that all bolts, nuts, and adjustment pins are fully tightened and secured. Gently shake the assembled unit to confirm stability.

STABLE AND SECURE

Non-slip feet and a wide, reinforced base ensure rock-solid stability on any surface, indoors or outdoors.

FULL-BODY WORKOUT

Train your chest, arms, back, and core with just one piece of equipment. Ideal for dips, push-ups, L-sits and more.

Image: Detail of the stable base and reinforced connections, highlighting the secure assembly points.



Image: View of the height adjustment mechanism, illustrating how to change the bar height using the pins.

OPERATING INSTRUCTIONS

The K-Sport Dip Station offers a versatile platform for various bodyweight exercises. Always warm up before exercising and cool down afterwards.

Height Adjustment:

- To adjust the height, pull out the adjustment pins on both sides of each dip bar.
- Slide the inner tube to the desired height, aligning the holes.
- Reinsert the adjustment pins, ensuring they pass completely through both sets of holes and are securely locked in place.
- Verify that both parallel bars are set to the same height to maintain balance and prevent injury.

Example Exercises:

- **Dips:** Stand between the bars, grip them firmly, and push up to lift your body. Lower yourself by bending your elbows until your shoulders are below your elbows, then push back up.
- **Push-ups (Elevated):** Place your hands on the bars and perform push-ups with your feet on the ground. This allows for a deeper range of motion.
- **L-Sits:** Sit between the bars, grip them, and lift your body and legs off the ground, holding your legs straight out in front of you to form an "L" shape.
- **Australian Pull-ups (Inverted Rows):** Adjust the bars to a lower height. Lie on your back underneath the bars, grip them, and pull your chest towards the bars.
- **Leg Lifts:** Grip the bars, lift your body, and raise your legs straight or bent towards your chest.

Always maintain proper form and control during exercises. If you experience pain, stop immediately.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your K-Sport Dip Station.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all structural components, welds, bolts, and nuts for any signs of wear, damage, or loosening.
- **Tightening:** Re-tighten all bolts and nuts every few weeks or as needed to ensure the equipment remains stable.
- **Storage:** Store the dip station in a dry environment. While designed for indoor and outdoor use, prolonged exposure to harsh weather conditions may affect its lifespan.

TROUBLESHOOTING

If you encounter issues with your K-Sport Dip Station, refer to the following common problems and solutions:

- **Equipment feels unstable or wobbly:**
 - Ensure all assembly bolts and nuts are fully tightened.
 - Verify the equipment is placed on a flat, level surface.
 - Check that the stabilization rods are correctly installed and secured.
- **Difficulty adjusting height:**
 - Ensure the adjustment pins are fully retracted before attempting to slide the tubes.
 - Check for any obstructions or debris within the adjustment holes.
- **Squeaking noises during use:**
 - Re-tighten all bolts and connections.
 - Apply a small amount of silicone-based lubricant to moving parts or connection points if necessary.

If the issue persists, contact K-Sport customer support for further assistance.

SPECIFICATIONS

Brand:	K-Sport
Model:	Dip Station with Parallel Bars (B08CSYZVC5)
Material:	Alloy Steel, Powder-Coated

Color:	Red (as per specifications, though product images show black)
Product Weight:	19 kg (approx. 41.9 lbs)
Max Load Capacity:	290 kg (approx. 639 lbs)
Adjustable Height:	800 mm to 880 mm (approx. 31.5 to 34.6 inches)
Dimensions (L x W x H):	910 x 730 x 860-1260 mm (overall range, specific to feature bullet)
Profile Dimensions:	40 x 40 x 1.5 mm
Tube Diameter:	3.2 cm (approx. 1.26 inches)

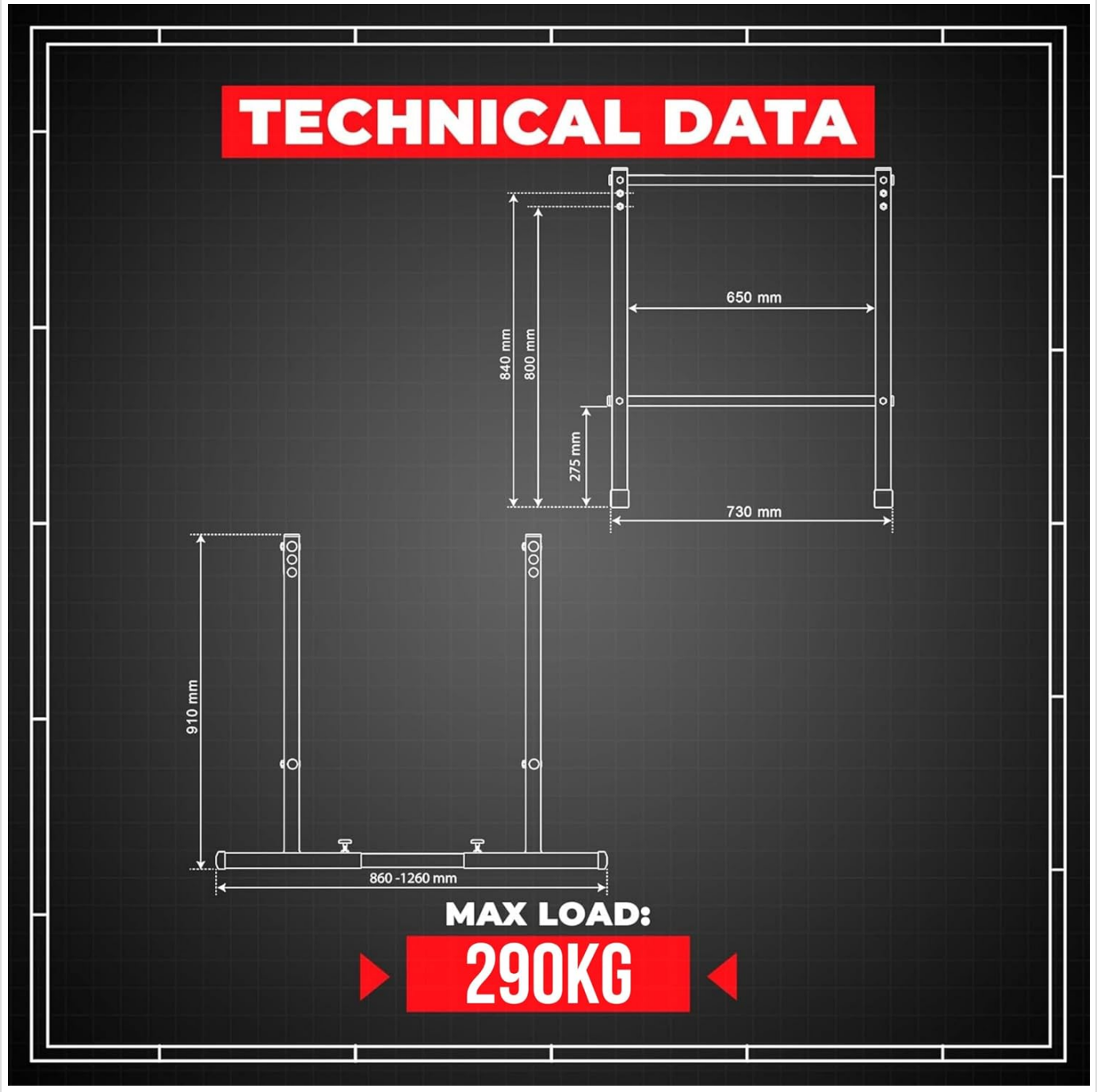


Image: Technical data diagram showing key dimensions and the maximum load capacity of 290 kg.

K-Sport products are manufactured to high-quality standards. For specific warranty information, please refer to the documentation included with your purchase or visit the official K-Sport website.

For technical support, missing parts, or any questions regarding your K-Sport Dip Station, please contact K-Sport customer service. You can often find contact information on the product packaging or the brand's official online store:

[Visit the K-Sport Store on Amazon](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question