

Soozier A91-052BK-84-02

Soozier Push Up Stand Dip Bar Workout Station

Model: A91-052BK-84-02 | **Brand:** Soozier

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Soozier Push Up Stand Dip Bar Workout Station. This multi-functional fitness equipment is designed for various bodyweight exercises, including triceps dips, armpit dips, knee raises, leg swings, and push-ups. It is suitable for both indoor and outdoor use, offering a versatile solution for your home gym needs.

The dip bar features a heavy-duty steel frame with a tough powder-coated finish for durability. For user comfort and safety, it includes foam grips and high-quality PVC floor pads to prevent slipping during workouts. Please read this manual thoroughly before assembly and use to ensure proper operation and to maximize the lifespan of your equipment.



Figure 1: The Soozier Push Up Stand Dip Bar Workout Station, showcasing its robust black steel frame and included suspension straps.

2. SAFETY INFORMATION

Before using this equipment, consult with a healthcare professional to ensure it is appropriate for your physical condition. Always inspect the dip bar for any damage or loose parts before each use. Ensure all connections are secure.

- **Weight Capacity:** Do not exceed the maximum weight capacity of 119.75 kg (264 lbs).
- **Stable Surface:** Always use the dip bar on a flat, stable, and non-slip surface.
- **Grips and Pads:** The foam grips and high-quality PVC floor pads are designed to enhance safety and comfort. Ensure they are in good condition and properly positioned before use.
- **Proper Form:** Maintain proper exercise form to prevent injuries. If you experience pain or discomfort, stop immediately.
- **Children and Pets:** Keep children and pets away from the equipment during use.



Figure 2: Detail of the non-slip grip on the straps and the non-slip footpads, designed for user safety and stability during workouts.

3. SETUP INSTRUCTIONS

The Soozier Push Up Stand Dip Bar is designed for straightforward assembly. Follow these steps to set up your equipment:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the packing list (not provided in this document, refer to product packaging) are present and undamaged.
2. **Assemble Base:** Connect the horizontal base bars to the vertical support frames. Ensure all bolts are securely tightened.
3. **Attach Handles:** Secure the upper handle sections to the vertical support frames. Ensure the connection points are firm and stable.
4. **Install Straps:** Attach the hand straps to the designated hooks on the upper handles. Ensure the carabiners are fully closed and locked.
5. **Final Check:** Before first use, gently shake the assembled dip bar to confirm stability. Ensure all screws and connections are tight and that the unit does not wobble.

The unit is lightweight and portable, allowing for easy relocation once assembled.

4. OPERATING INSTRUCTIONS

The Soozier Dip Bar offers a variety of exercises to target different muscle groups. Always warm up before your workout and cool down afterwards.

Common Exercises:

- **Dips (Triceps/Chest):** Grip the parallel bars, lift your body, and lower yourself until your shoulders are below your elbows. Push back up to the starting position.
- **Knee Raises (Core):** Face the dip bar, grip the handles, and lift your knees towards your chest. Slowly lower them back down.
- **Leg Swings (Core/Flexibility):** Similar to knee raises, but swing your legs forward and backward or side to side.
- **Push-ups (Chest/Shoulders):** Place your hands on the bars instead of the floor for a deeper range of motion, or use the lower bar for incline push-ups.
- **Suspension Strap Exercises:** Utilize the included hand straps for additional bodyweight exercises, such as inverted rows or assisted dips, by adjusting your body position.

MULTI-FUNCTION

push-ups, exercise waist, abdomen, arm strength, chest muscles, etc.

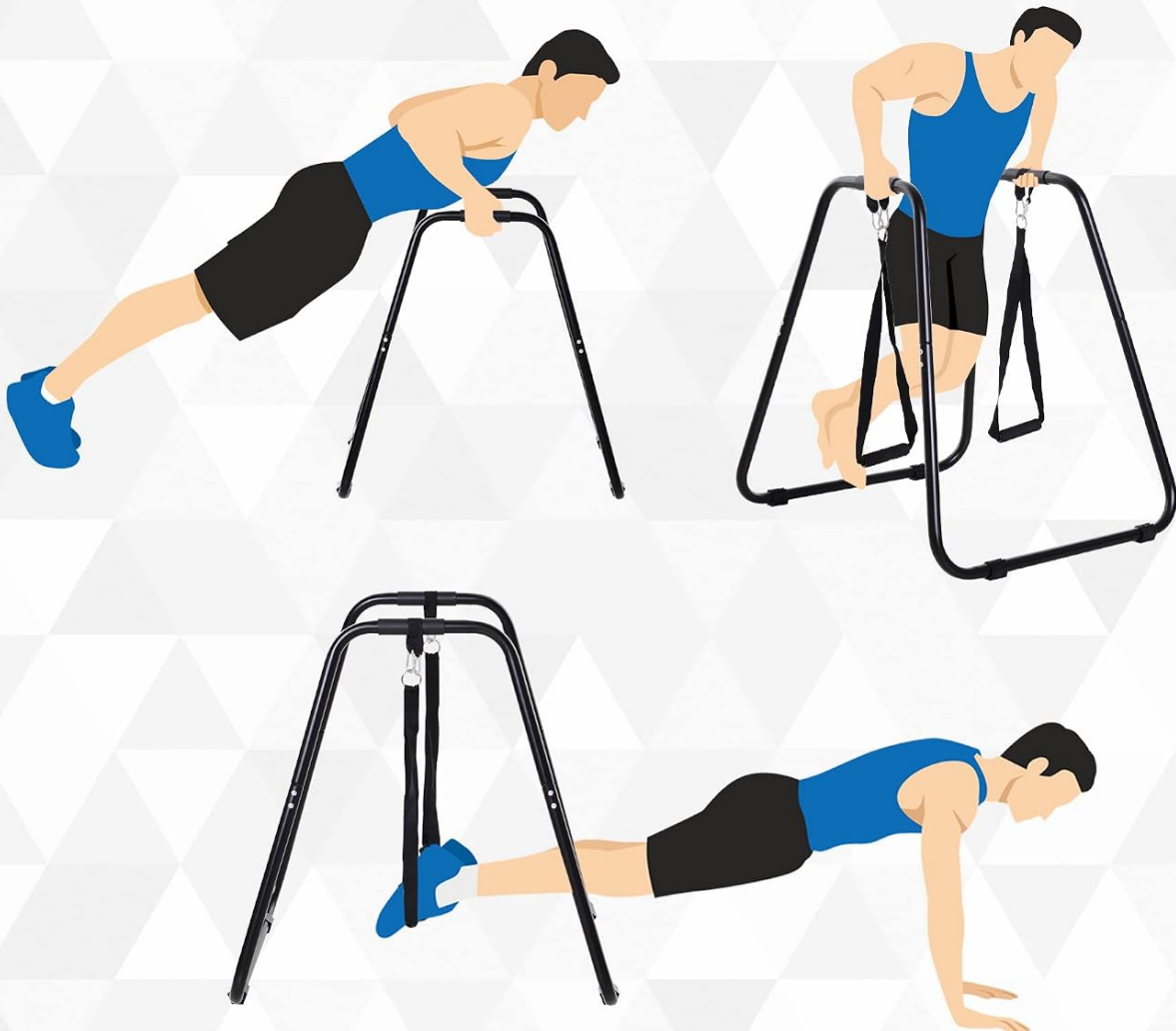


Figure 3: Visual guide demonstrating various exercises possible with the Soozier Dip Bar, including push-ups, dips, and core exercises.



Figure 4: A user demonstrating the dip exercise, highlighting the ergonomic design and stability of the equipment.

Indoor and Outdoor Use:

The durable construction and powder-coated finish make this dip bar suitable for use in various environments, including home gyms, offices, or outdoor spaces like yards. Ensure the surface is level and clear of obstructions.

COMFORTABLE AND SAFE



Figure 5: The dip bar shown in different environments, illustrating its versatility for indoor and outdoor fitness routines.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your dip bar.

- **Cleaning:** Wipe down the frame and grips with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Re-tighten if necessary.
- **Grips and Pads:** Inspect foam grips and PVC floor pads for wear and tear. Replace if they become damaged to maintain safety and comfort.
- **Storage:** Store the dip bar in a dry place, away from direct sunlight and extreme temperatures, when not in use.

6. TROUBLESHOOTING

If you encounter any issues with your Soozier Dip Bar, refer to the following common troubleshooting tips:

- **Wobbling or Instability:** Ensure the dip bar is placed on a completely flat and level surface. Check all assembly bolts and nuts; tighten any that are loose.
- **Slipping:** Verify that the PVC floor pads are clean and intact. Ensure the floor surface is dry and free of debris.
- **Damaged Grips/Straps:** If the foam grips or hand straps show significant wear or damage, discontinue use and contact customer support for replacement parts.
- **Unusual Noises:** Inspect all connection points for proper assembly and tightness. Lubricate moving parts if applicable (though this product has few).

7. SPECIFICATIONS

Feature	Detail
Model Number	A91-052BK-84-02
Brand	Soozier
Material	Steel
Colour	Black
Product Dimensions (L x W x H)	90.17 cm x 81.28 cm x 92.71 cm (35.5"L x 32"W x 36.5"H)
Item Weight	7.28 kg (16.06 lbs)
Maximum Weight Recommendation	119.75 kg (264 lbs)
Handle Type	Straps
Included Components	Hand Straps



Figure 6: Detailed dimensions of the Soozier Push Up Stand Dip Bar, including height, length, and width.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase or contact the retailer. For product support, inquiries, or to order replacement parts, please contact the manufacturer:

Manufacturer: Aosom Canada

Place of Business: Markham, Ontario, CA

Telephone: 1-416-792-6088

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