

ONETWOFIT OT076-OTBE

ONETWOFIT OT076 Wall Mounted Pull-Up Bar and Dip Station User Manual

Model: OT076-OTBE

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before assembly and use. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or property damage.

- **Maximum Weight Capacity:** This equipment is designed to support a maximum user weight of 150 kg (330 lbs). Do not exceed this weight limit.
- **Proper Installation:** Ensure the unit is securely mounted to a suitable wall surface as described in the installation section. Improper installation can lead to instability and injury.
- **Wall Requirements:** This pull-up bar and dip station must be installed on a solid brick wall, cement brick wall, solid red brick wall, or solid concrete tile wall. **DO NOT** install on drywall, hollow brick walls, honeycomb brick walls, or sandwich panels.
- **Inspect Before Use:** Before each use, check all bolts, nuts, and connections to ensure they are tight and secure. Do not use the equipment if any parts are loose, damaged, or missing.
- **Children and Pets:** Keep children and pets away from the equipment during use and ensure they do not play on or around it.
- **Medical Advice:** Consult with a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all the items listed below. If any parts are missing or damaged, please contact customer support.

- 1 x Wall Mount Pull-Up Bar
- 1 x Dip Station Attachment
- All necessary mounting hardware (bolts, nuts, washers, wrenches)

3. SETUP AND INSTALLATION

Follow these steps carefully to ensure safe and secure installation of your ONETWOFIT OT076 equipment.

3.1 Wall Selection and Preparation

- Identify a suitable wall location that meets the requirements specified in Section 1.
- Ensure there is sufficient clear space around the installation area for safe exercise.
- Mark the desired mounting height for the pull-up bar and dip station. Consider the height of the tallest user for pull-ups and comfortable access for dips.

3.2 Assembly and Mounting Steps

1. Assemble the pull-up bar frame and dip station frame according to the diagrams provided in the package. Ensure all connections are finger-tight at this stage.
2. Position the assembled pull-up bar frame against the marked wall location. Use a level to ensure it is perfectly horizontal.
3. Mark the six mounting holes for the pull-up bar on the wall using a pencil.
4. Drill holes at the marked locations. **Use a drill bit with a diameter of 12MM (15/32 Inch)** Ensure the holes are deep enough to accommodate the expansion bolts.
5. Insert the expansion bolts into the drilled holes.
6. Align the pull-up bar frame with the inserted bolts and secure it tightly using the provided nuts and washers. Use the included wrenches to ensure all bolts are fully tightened.
7. Repeat steps 2-6 for the dip station attachment, ensuring it is mounted at a comfortable height for dip exercises and is level.
8. Attach the padded cushions to the dip station frame.
9. Perform a final check of all bolts and connections to ensure they are secure before first use.

Image: Recommended drill bit size for wall mounting.

Image: Dimensions of the pull-up bar and dip station components.

4. OPERATING INSTRUCTIONS

The ONETWOFIT OT076 offers a versatile range of exercises for a full upper body and core workout.

4.1 Pull-Up Bar Usage

- **Grip Positions:** The pull-up bar features multiple grip positions including wide, neutral (hammered), and close grips. Varying your grip targets different muscle groups in your back, shoulders, and arms.
- **Exercises:** Perform pull-ups, chin-ups, and leg raises.
- **Technique:** Ensure controlled movements. Avoid swinging or using momentum excessively. Lower yourself slowly

to maximize muscle engagement.

4.2 Dip Station Usage

- **Grip:** Grasp the dip handles firmly.
- **Exercises:** Perform dips for triceps and chest, knee raises for abdominal muscles, and push-ups using the lower handles.
- **Comfort:** The tear-resistant, high-density padded cushions provide optimal comfort during abdominal and dip exercises.

4.3 Additional Exercises

The integrated rings allow for attachment of TRX straps or a punching ball, expanding your workout options to include resistance training and boxing.



Image: Examples of exercises using the pull-up bar and dip station.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your ONETWOFIT equipment.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Bolt Check:** Periodically (e.g., monthly) check all mounting bolts and connection points. Re-tighten any loose bolts to prevent wobbling and ensure stability.
- **Inspect for Wear:** Regularly inspect the non-slip handles and padded cushions for any signs of wear, tears, or damage. Replace worn parts if necessary.
- **Storage:** If the equipment needs to be disassembled for storage, ensure all parts are kept together in a dry place.

6. TROUBLESHOOTING

If you encounter issues with your ONETWOFIT equipment, refer to the following common problems and solutions.

- **Equipment feels wobbly after installation:**
Solution: This is usually due to improper wall mounting or loose bolts. Re-check the wall type to ensure it meets the requirements (solid brick/concrete). Re-tighten all mounting bolts securely. Ensure the drill bit size used was correct (12MM).
- **Difficulty assembling components:**
Solution: Refer to the assembly diagrams provided in the package. Ensure you are using the correct bolts and nuts for each connection point. Do not force parts together.
- **Handles feel slippery:**
Solution: Clean the non-slip handles with a mild soap and water solution. Ensure your hands are dry before use. If the non-slip material is worn, consider replacing the handles.

If you experience any problems not covered here, please contact ONETWOFIT customer support for assistance.

7. SPECIFICATIONS

Feature	Specification
Brand	ONETWOFIT
Model Number	OT076-OTBE
Material	Stainless Steel, Alloy Steel
Color	Grey
Mounting Type	Wall Mount
Maximum Weight Capacity	150 kg (330 lbs)
Pull-Up Bar Width	96 cm (38 inches)
Pull-Up Bar Extension from Wall	60 cm (24 inches)
Distance Between Pull-Up Bar Mounting Plates	45 cm (18 inches)
Dip Station Extension from Wall	59 cm (24 inches)
Distance Between Dip Station Mounting Plates	57 cm (23 inches)
Padded Back Size (Dip Station)	24 x 30 cm (10 x 12 inches)
Item Weight	16.9 Kilograms

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact ONETWOFIT customer service directly. Keep your purchase receipt as proof of purchase.

Contact Information: Please visit the official ONETWOFIT website for the most up-to-date contact details and support resources.

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