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› ONETWOFIT Wall Mounted Pull Up Bar & Dip Station (Model OTF-OT126-HY-US) Instruction Manual

ONETWOFIT OTF-OT126-HY-US

ONETWOFIT Wall Mounted Pull Up Bar & Dip Station Instruction Manual

Model: OTF-OT126-HY-US

INTRODUCTION

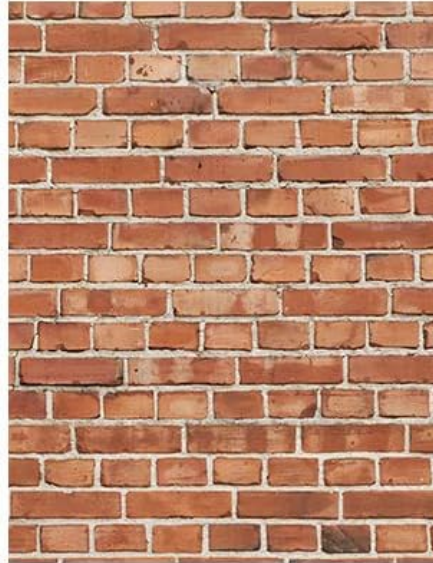
Thank you for choosing the ONETWOFIT Multifunctional Wall Mounted Pull Up Bar and Dip Station. This equipment is designed to provide a versatile and effective full-body workout in your home gym. Please read this manual carefully before installation and use to ensure proper setup, safe operation, and optimal performance.

IMPORTANT SAFETY INFORMATION

- **Wall Mounting Requirements:** This pull-up bar and dip station **MUST** be installed on a solid concrete wall, solid brick wall, solid cement wall, solid red brick wall, or solid tile wall. **DO NOT** install on drywall, plaster walls, hollow brick walls, honeycomb brick walls, or sandwich panels. Improper installation can lead to serious injury or damage to property.
- Ensure all bolts and nuts are securely tightened before each use.
- Regularly inspect the equipment for any signs of wear, damage, or loose components. Discontinue use immediately if any issues are found.
- The maximum weight capacity for this unit is 440 pounds (200 kg). Do not exceed this limit.
- Consult a professional or structural engineer if you are unsure about your wall's suitability for installation.
- Always perform exercises with controlled movements. Avoid sudden jerks or excessive swinging.
- Keep children and pets away from the equipment during use.

WALL MOUNTED REQUIREMENTS:

**1-Should be installed on the Concrete brick/ solid cement wall/
solid red brick wall / solid tile wall.**



**2-Do not install the product on hollow brick wall,honeycomb brick wall
and sandwich panel.**



3-For more installation advice,Pls see the product details page!

Figure 1: Wall Mounting Requirements. This image illustrates the types of walls suitable for installation (solid concrete, brick, tile) and those that are unsuitable (hollow brick, honeycomb brick, sandwich panel). Proper wall selection is crucial for safety.

SETUP AND INSTALLATION

Package Contents:

Verify that all components are present before beginning assembly. Refer to the included parts list in your package.

Tools Required:

- Hammer drill with a 12mm (15/32 inch) drill bit (for concrete or brick walls).
- Wrench or socket set.
- Measuring tape.
- Level.
- Pencil.
- *Optional:* For stud wall installation, you may need lag screws (e.g., 5/16 x 3.5 inches) and a wooden backer board (e.g., 1.5

inches thick or 2x8 lumber) to distribute weight across studs. The included anchors are for concrete/brick.

Installation Steps:

1. **Choose Location:** Select a suitable solid wall (concrete, brick, etc.) that can support the equipment and user weight. Ensure adequate clearance around the unit for exercises.
2. **Mark Drill Holes:** Hold the wall brackets against the wall at the desired height. Use a level to ensure they are straight and mark the four drill points for each bracket. The unit requires two sets of wall mounting hole locations for the pull-up and dip functions.
3. **Drill Holes:** Using a hammer drill with a 12mm (15/32 inch) bit, drill holes at the marked locations to the appropriate depth for the expansion bolts.
4. **Insert Anchors:** Insert the 7mm strong suspension anchors into the drilled holes.
5. **Mount Brackets:** Secure the wall brackets using the provided bolts and tighten them firmly.
6. **Assemble Main Unit:** Follow the assembly instructions provided in your package to connect the main pull-up bar and dip station components. Ensure all bolts are tightened, but avoid over-tightening to prevent damage to the tubing.
7. **Attach Main Unit:** Carefully attach the assembled main unit to the mounted wall brackets. Ensure it is securely seated in the hooks.
8. **Final Check:** Before first use, double-check all connections for tightness and stability. Perform a light test by applying some weight to the bar.



Figure 2: Pull Up Bar Configuration. This image shows the ONETWOFIT unit installed on a wall in its pull-up bar configuration, ready for use.



Figure 3: Dip Station Configuration. This image displays the ONETWOFIT unit installed on a wall in its dip station configuration, highlighting its versatility.

Your browser does not support the video tag.

Video 1: ONETWOFIT Wall Mounted Pull Up Bar OT126. This video demonstrates the installation process and features of the ONETWOFIT Wall Mounted Pull Up Bar, Model OT126.

OPERATING INSTRUCTIONS

The ONETWOFIT Multifunctional Wall Mounted Pull Up Bar and Dip Station offers various exercise options. The unit can be easily switched between pull-up bar and dip station modes.

Switching Between Modes:

- To switch from pull-up to dip station mode, carefully lift the main bar unit from its upper wall hooks and re-position it onto the

lower wall hooks. Ensure it is securely seated.

- To switch from dip station to pull-up mode, carefully lift the main bar unit from its lower wall hooks and re-position it onto the upper wall hooks. Ensure it is securely seated.

Exercise Functions:

- **Pull-ups & Chin-ups:** Utilize the various grip positions on the pull-up bar to target different back and arm muscles. The wide grip targets the lats, while closer grips focus on biceps and inner back.
- **Dip Station:** In dip station mode, perform dips to strengthen your triceps, chest, and shoulders. The padded back and arm cushions provide comfort during leg raises and dips.
- **Leg Raises:** Use the dip station configuration to perform hanging leg raises, targeting your core and abdominal muscles.
- **Push-ups:** The unit can also be used for elevated push-ups by placing hands on the dip handles, increasing the range of motion and intensity.
- **Accessory Hangers:** The integrated hangers allow for attachment of punching bags, power ropes, or TRX bands for additional workout versatility.



Pull up bar



Dip station

Figure 4: Exercise Demonstrations. This image shows a man performing pull-ups and a woman performing leg raises, demonstrating the versatility of the ONETWOFIT unit for various exercises.

Hangers for **Punching Bags, Power Ropes**



Figure 5: Accessory Hangers. This image highlights the integrated hangers on the ONETWOFIT unit, suitable for attaching punching bags, power ropes, or TRX bands for expanded workout routines.

MAINTENANCE

- **Regular Inspection:** Periodically check all bolts, nuts, and connections to ensure they remain tight. Re-tighten as necessary.
- **Cleanliness:** Wipe down the equipment with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.
- **Cushion Care:** Inspect the padded cushions for any tears or excessive wear. Clean with a mild soap solution if needed.
- **Structural Integrity:** Visually inspect the steel frame for any signs of cracks, bends, or corrosion. Address any issues promptly.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Unit feels unstable or wobbly.	Loose mounting bolts; improper wall type; insufficient wall support.	Ensure all mounting bolts are securely tightened. Verify installation on a solid wall as specified. If installed on studs, ensure a sturdy backer board is used and properly secured to multiple studs.
Missing parts during assembly.	Packaging error.	Contact ONETWOFIT customer service immediately with your purchase details and a description of the missing parts.
Difficulty switching between modes.	Unit not properly aligned; obstruction.	Ensure the unit is lifted straight and aligned correctly with the desired set of wall hooks. Check for any obstructions.

If you encounter any issues not listed here or require further assistance, please contact ONETWOFIT customer support.

SPECIFICATIONS

- Brand:** ONETWOFIT
- Model Number:** OTF-OT126-HY-US
- Material:** Alloy Steel
- Color:** Red
- Maximum Weight Recommendation:** 440 Pounds (200 kg)
- Mounting Type:** Rack Mount (Wall Mounted)
- Item Dimensions (W x H):** 37.4 inches x 30.3 inches (95 cm x 77 cm)
- Item Weight:** 10.21 Kilograms (approx. 22.5 lbs)
- Special Features:** Adjustable, Multifunctional (Pull-up, Dip, Leg Raise, Push-up)



Figure 6: Product Dimensions. This image provides a visual representation of the key dimensions of the ONETWOFIT Wall Mounted Pull Up Bar and Dip Station, including width, height, and projection from the wall.



Figure 7: Triangle Design for Stability. This image illustrates the reinforced triangle design of the unit, contributing to its overall stability and rigidity during use.

Four rubber pads, **more stabile**



Figure 8: Rubber Pads for Enhanced Stability. This image shows the four rubber pads integrated into the design, which help to increase stability and protect the wall surface during workouts.

WARRANTY AND SUPPORT

ONETWOFIT is committed to providing quality fitness products. We have 9 years of experience in designing and building sports equipment and serve over 3.5 million global users.

For any questions, concerns, or issues regarding your ONETWOFIT Wall Mounted Pull Up Bar and Dip Station, please contact our customer service team. We offer 24-hour online support to assist you.

Please retain your proof of purchase for warranty claims.

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.

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