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Yaheetech YA610260091001

Yaheetech Dip Station User Manual

Model: YA610260091001 | Brand: Yaheetech

INTRODUCTION

Thank you for choosing the Yaheetech Dip Station. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and retain it for future reference.

SAFETY INSTRUCTIONS

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the dip station on a flat, stable surface to prevent tipping.
- Maintain a clear area of at least 0.6 meters (2 feet) around the equipment during use.
- Do not exceed the maximum weight capacity of 200 kg (440 lbs).
- Children should not use the equipment without adult supervision.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Wear appropriate athletic footwear and clothing during workouts.

PACKAGE CONTENTS

Before assembly, verify that all components listed below are present and undamaged. If any parts are missing or damaged, please contact customer support.



This image displays all the individual parts included in the Yaheetech Dip Station package, ready for assembly. It shows the main metal frame pieces, the connecting hardware, and the protective rubber feet.

- Vertical Posts (2)
- Horizontal Connecting Bars (2)
- Rubber Feet (4)
- Bolts and Nuts (various sizes, quantity as per assembly diagram)
- Assembly Tools (Wrench, Allen Key - usually included)

ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your Yaheetech Dip Station:

1. **Step 1: Attach Rubber Feet.** Insert the four rubber feet onto the bottom ends of the vertical posts. These provide stability and protect your floor.
2. **Step 2: Connect Vertical Posts with Horizontal Bars.** Position the two vertical posts upright. Align the holes on the horizontal connecting bars with the corresponding holes on the vertical posts.
3. **Step 3: Secure with Bolts.** Insert the provided bolts through the aligned holes and secure them with nuts. Hand-tighten all connections initially.



A detailed view illustrating how the bolts and nuts are used to securely fasten the different metal sections of the dip station during assembly, ensuring structural integrity.

4. **Step 4: Final Tightening.** Once all parts are loosely assembled, use the provided wrench and Allen key to fully tighten all bolts and nuts. Ensure all connections are firm and there is no wobbling.
5. **Step 5: Stability Check.** Gently shake the assembled dip station to confirm its stability. If any movement is detected, re-check and tighten all connections.

OPERATING INSTRUCTIONS

The Yaheetech Dip Station is designed for various bodyweight exercises. Here are some common uses:

Dips

1. Stand between the parallel bars.
2. Grasp the handles with an overhand grip, palms facing inward, and lift your body off the ground, supporting your weight with straight arms.



An image depicting a user positioned within the dip station, illustrating the starting stance for various bodyweight exercises.

3. Slowly lower your body by bending your elbows, keeping your torso upright or slightly leaning forward to target different muscle groups. Descend until your shoulders are below your elbows.



This image captures a user in the lower phase of a dip exercise, demonstrating the range of motion and stability provided by the Yaheetech Dip Station.

4. Push back up to the starting position, fully extending your arms.



This image shows an individual actively using the dip station to perform a dip, highlighting the ergonomic design and stability of the equipment during exercise.

Leg Raises

- Support your body on the bars with straight arms.
- Keep your legs straight or slightly bent and slowly raise them in front of you until they are parallel to the ground or higher.
- Lower your legs back down with control.

Incline Push-ups

- Face away from the dip station.
- Place your hands on the bars, wider than shoulder-width apart.
- Extend your legs behind you, balancing on your toes.
- Lower your chest towards the bars by bending your elbows, then push back up.

MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and frame connections for tightness. Tighten any loose components immediately.
- **Storage:** Store the dip station in a dry environment to prevent rust. Its compact design allows for easy storage when not in use.

TROUBLESHOOTING

- **Wobbling/Instability:** Ensure the dip station is on a flat, even surface. Check and tighten all bolts and nuts.
- **Squeaking Noises:** Lubricate any moving parts or connection points with a silicone-based lubricant if persistent squeaking occurs. Ensure all bolts are tight.
- **Difficulty Assembling:** Refer to the assembly instructions and diagrams. Ensure all parts are correctly oriented before tightening. Do not force components together.

SPECIFICATIONS



A clear diagram outlining the precise measurements of the assembled dip station, including its height (106.5 cm), length (84 cm), and width (79 cm), along with the base dimensions.

Feature	Detail
Model Number	YA610260091001
Material	Metal
Color	Black
Overall Dimensions (L x W x H)	84 cm x 79 cm x 106.5 cm (33.1 in x 31.1 in x 41.9 in)

Handle Length	39 cm (15.4 in)
Handle Diameter	3.8 cm (1.5 in)
Maximum Load Capacity	200 kg (440 lbs)
Item Weight	12.7 kg (28 lbs)

WARRANTY AND SUPPORT

Yaheetech products are manufactured to high-quality standards. For specific warranty information, please refer to the purchase documentation or contact the retailer where the product was purchased. For technical support or inquiries regarding parts, please contact Yaheetech customer service through their official website or the contact information provided with your purchase.



Related Documents - YA610260091001

 <p>592302</p> <p>Yaheetech</p>	<p>Yaheetech 592302 Dance Pole Installation Guide - Assembly and Safety Instructions</p> <p>Comprehensive installation guide for the Yaheetech 592302 dance pole. Includes assembly steps, parts list, safety warnings, height adjustment, and mode selection for static and spin modes. Ensure proper setup for home, club, or gym use.</p>
 <p>593027/593028</p> <p>Yaheetech</p>	<p>Yaheetech 593027/593028 Assembly Instructions and User Guide</p> <p>Detailed assembly instructions and user guide for Yaheetech products 593027 and 593028, covering safety, parts, assembly steps, and maintenance for home furniture.</p>
 <p>592530(Silver)</p> <p>Yaheetech</p>	<p>Yaheetech 592530 Silver Pole Dance Pole Installation and User Manual</p> <p>Comprehensive installation and usage guide for the Yaheetech 592530 Silver pole dance pole. Includes assembly instructions, safety precautions, and mounting tips.</p>
 <p>614812/614813</p> <p>Yaheetech</p>	<p>Yaheetech Ergonomic Gaming Chair Installation Guide</p> <p>Step-by-step instructions and parts list for assembling your Yaheetech ergonomic gaming chair, featuring massage lumbar support and adjustable footrest. Ensure proper setup for optimal comfort and performance.</p>

Yaheetech

613812



- 1. Please read this instruction manual carefully before attempting to install.
- 2. The floor must be clean, flat and level. The floor must be made of wood, concrete or stone.
- 3. The maximum load capacity of the cabinet is 100 lbs (45 kg).
- 4. The weight of the cabinet is 25 lbs (11 kg).

EN

[Yaheetech 613812 Storage Cabinet Assembly Instructions](#)

Comprehensive guide for assembling the Yaheetech 613812 storage cabinet. Includes a detailed parts list, step-by-step assembly instructions, and essential wall anchoring safety information.

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614973



- 1. Please read this instruction manual carefully before attempting to install.
- 2. The floor must be clean, flat and level. The floor must be made of wood, concrete or stone.
- 3. The maximum load capacity of the stool is 150 lbs (68 kg).
- 4. The weight of the stool is 15 lbs (7 kg).

EN

[Yaheetech 614973 Bar Stool Assembly Instructions and Care Guide](#)

Comprehensive assembly instructions, parts list, and care guide for the Yaheetech 614973 bar stool. Includes step-by-step diagrams described textually, safety warnings, and contact information.