WATBKHE DIPS-010

WATBKHE Foldable Power Tower Dip Station (Model DIPS-010) Instruction Manual

Brand: WATBKHE | Model: DIPS-010

1. Safety Information

Please read and understand all instructions and warnings before assembling and using the WATBKHE Foldable Power Tower Dip Station. Retain this manual for future reference.

- **Weight Capacity:** Do not exceed the maximum user weight of 460 lbs (208 kg).
- **Assembly:** Ensure all bolts, nuts, and pins are securely tightened before each use.
- **Placement:** Use the equipment on a flat, stable surface. Ensure adequate space around the unit for safe exercise.
- **Inspection:** Regularly inspect the equipment for wear, damage, or loose parts. Discontinue use immediately if any issues are found.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Advice:** Consult a physician before starting any exercise program.

2. Package Contents

Verify that all components are present before beginning assembly. If any parts are missing or damaged, please contact customer support.

- Power Tower Frame Components (various steel tubes)
- Pull-up Bar
- Dip Handles
- Assembly Hardware (bolts, washers, nuts, safety pins)
- Installation Tools (basic spanners/wrenches)
- Instruction Manual

3. Setup and Assembly

Assembly is designed to be quick and straightforward, typically taking about 30 minutes. Follow these steps carefully.

Step 1: Assemble the Base Brackets

Connect the left and right base brackets using the provided bolts and washers. Ensure all connections are secure but do not fully tighten until all components are in place.



The triangular structure of the base provides enhanced stability.

Step 2: Connect Base Brackets with Lower Connecting Pipe

Attach the lower connecting pipe between the two assembled base brackets. Secure with bolts and washers. This step further stabilizes the base.

Step 3: Install Upper Upright Pipes

Insert the two upper upright pipes into the main base structure. These pipes feature multiple adjustment holes for height customization.

Step 4: Install Upper Handle Pipe

Secure the upper handle pipe (pull-up bar) onto the top of the upright pipes using the designated hardware. Ensure it is firmly attached.

Step 5: Attach Dip Handles

Attach the dip handles to the side of the upright pipes at your desired height. These handles are adjustable for various exercises.

Step 6: Final Tightening

Once all components are in place, go back and fully tighten all bolts and nuts using the provided tools. Double-check all connections for security.

Assembly Videos:

Product Assembly Video: This video provides a visual guide for assembling the power tower, demonstrating each step of the installation process.

YYJO Pull Up Bar Installation Guide: A detailed installation guide for the pull-up bar component, showing how to securely attach it to the main frame.

4. Operating Instructions

The WATBKHE Foldable Power Tower is designed for a variety of strength training exercises. Always maintain proper form and control during workouts.

Exercises:

- **Pull-ups:** Use the top bar for various grip pull-ups (wide, narrow, neutral) to target back and arm muscles.
- **Dips:** Utilize the dip handles for triceps and chest development.
- **Push-ups:** The lower bars or floor can be used for push-ups, with the unit providing stability.
- **Leg Raises:** Perform knee or leg raises using the dip handles for core strength.
- **Inverted Rows:** Use the lower bars for inverted rows to work back muscles.



Demonstration of basic exercises possible with the power tower.

Operating Videos:

Leikefitness Power Tower Dip Station for Home Gym: This video showcases various exercises that can be performed on the power tower, highlighting its versatility for a home gym setup.

Leikefitness Power Tower Dip Station Pull Up Bar:A comprehensive video demonstrating the use of the power tower for both dip and pull-up exercises, providing visual guidance for proper technique.

5. Adjustments

The power tower features multiple adjustment options to accommodate different user heights and exercise preferences.

- **Height Adjustment:** The pull-up bar station has 8 adjustment holes on the levers, allowing for 8 different height settings. Additionally, there are 8 holes on the lower 4 support frames providing 8 additional height options.
- **Dip Handle Position:** The dip handles can be adjusted vertically to suit your body and exercise.



Visual representation of adjustable heights for pull-ups and dips.

6. Folding and Storage

This power tower is designed for convenient storage, making it ideal for home gyms with limited space.

- **Folding Mechanism:** The unit can be folded into a compact size of 39.4" (L) × 6.3" (W) × 61.4" (H) by adjusting the safety pins.
- **Space Saving:** Once folded, it can be easily stored behind a door or under a bed, maximizing space utilization.



The power tower folded for compact storage.

7. Maintenance

Regular maintenance ensures the longevity and safe operation of your power tower.

- **Cleaning:** Wipe down the frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts and apply a light lubricant if necessary to ensure smooth operation.
- **Bolt Check:** Regularly inspect all bolts, nuts, and connections for tightness. Re-tighten as needed to prevent wobbling or instability.
- **Wear and Tear:** Examine grips and foot covers for signs of wear. Replace if damaged to maintain safety and comfort.

8. Troubleshooting

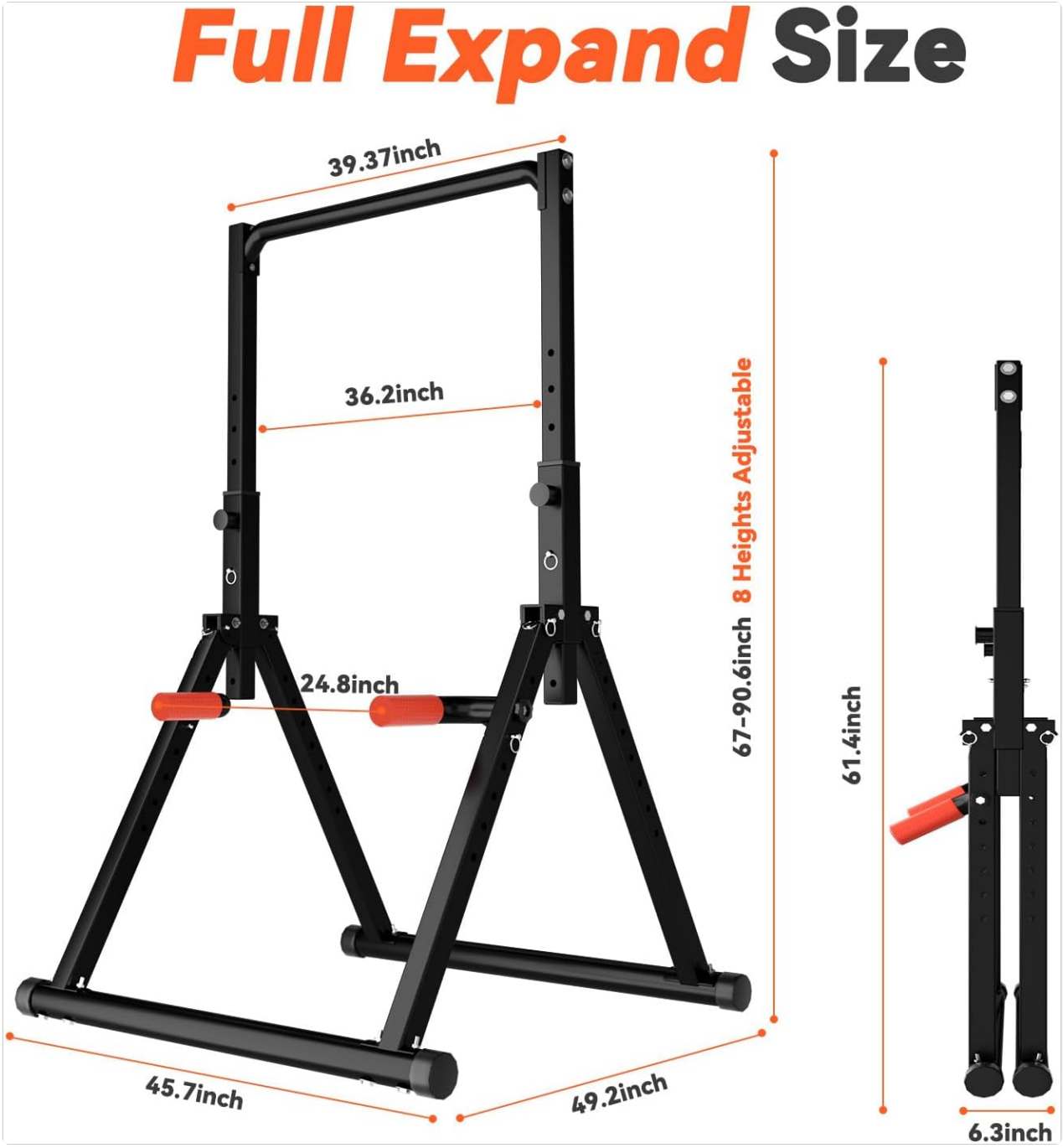
If you encounter any issues with your power tower, refer to these common troubleshooting tips.

- **Wobbling/Instability:** Ensure the unit is placed on a flat, even surface. Check and tighten all assembly bolts and nuts. Verify that the anti-slip foot covers are properly installed.
- **Difficulty Adjusting Height:** Loosen the adjusting knob completely before attempting to change the height. Ensure the safety pin is fully disengaged.
- **Squeaking Noises:** Check all connection points for tightness. Apply a small amount of lubricant to any moving parts that may be causing friction.

For further assistance, please contact customer support.

9. Specifications

Product Dimensions	116 x 133 x 230 cm (45.7 x 52.4 x 90.6 inches)
Item Weight	19.5 kg (43 lbs)
Maximum Weight Recommendation	450 Pounds (204 kg)
Material	Alloy Steel
Color	Black
Handle Type	Power Tower Handle
Manufacturer Reference	DIPS-010
Country/Region of Origin	China



Detailed dimensions of the power tower in its fully expanded state.



Close-up of key product features and components.

10. Warranty and Support

WATBKHE is committed to providing high-quality products and customer satisfaction.

- **Warranty:** This product comes with a limited warranty. Please refer to the warranty card included in your package for specific terms and conditions.
- **Customer Support:** If you encounter any problems during purchase or use, please contact us. Our customer support team is available to assist you.
- **Manufacturer Contact:** Qingdao ShuoshiJingyun Technology Co., Ltd, E-mail: shuoshijingyun@outlook.com