

Z ZHICHI ED-00AN-AMSQ

Z ZHICHI Pull Up Dip Station Instruction Manual

Model: ED-00AN-AMSQ | Brand: Z ZHICHI

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the Z ZHICHI Pull Up Dip Station, please read and understand all instructions and warnings. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the equipment on a flat, stable surface. Do not use on uneven ground.
- Maintain a clear area of at least 2 feet (60 cm) around the equipment during use.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Children should not use this equipment without adult supervision.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Perform warm-up exercises before using the station.

2. PRODUCT OVERVIEW

The Z ZHICHI Pull Up Dip Station is a versatile strength training fitness workout station designed for home gym use. It supports various exercises including pull-ups, push-ups, knee lifts, chin-ups, leg pressing, and dips, targeting arms, back, chest, abdomen, shoulders, and leg muscles.

Key Features:

- **Sturdy Construction:** Features a base area of 40.9 x 30.1 inches, patented main and vice frame

pipe connections to reduce shake, and 60x30mm carbon steel material with 1.3mm steel thickness.

- **Adjustable Height:** Offers 6 adjustable height levels for various user heights and exercise types.
- **Multi-Grip Bar:** Equipped with an ox horn model top bar for multiple grip options, allowing exercise of different muscle areas.
- **Comfort and Safety:** Includes comfort protection foam, rubber dip handles, non-slip big foot covers, and screw protection covers to prevent scratches.

Product Components Diagram:



Figure 1: Labeled diagram of the Pull Up Dip Station components.

Stability and Design:

SUPER STURDINESS AND STABILITY

Gym-quality for **330Lbs**



Figure 2: Illustration of the station's sturdy construction and anti-slip features.

Adjustable Height for Family Use:

SUITABLE FOR WHOLE FAMILY WORKOUT

6 Adjustable Heights



Figure 3: The station's 6 adjustable height levels for diverse users.

Multi-Grip Adaptability:

MULTI-GRIP FOR POWERFUL ADAPTABILITY

3 GRIPS WAY IN COMFORT



Figure 4: Details of the multi-grip bar for varied exercises.

Height Adjustment and Benefits:

6 LEVELS HEIGHT ADJUSTABLE

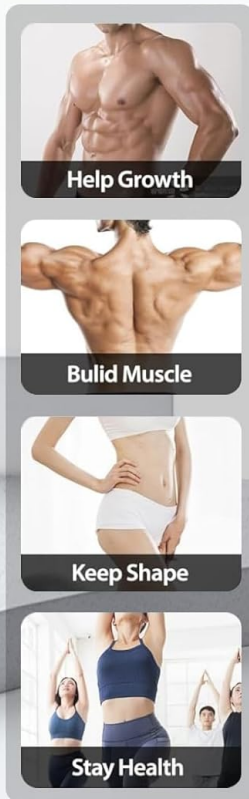


Figure 5: Height adjustment range and associated fitness benefits.

3. SETUP INSTRUCTIONS

Follow these steps for proper assembly of your Z ZHICHI Pull Up Dip Station:

1. Unpack all components and verify against the parts list (not provided in this manual, refer to packaging).
2. Assemble the dip stand from the bottom up, ensuring all parts are correctly aligned.
3. Once all parts are in place, tighten all screws and nuts securely. Do not overtighten initially to allow for adjustments, then fully tighten once assembled.
4. Place the assembled station on a level, stable surface.
5. Before the first use, double-check all connections for tightness and stability.

Important Tip: Always perform warm-up exercises before using the equipment.

4. OPERATING INSTRUCTIONS

The Z ZHICHI Pull Up Dip Station allows for a variety of bodyweight exercises. Adjust the height settings as needed for your comfort and exercise type.

Recommended Exercises:

- **Pull-ups:** Use the top bar for various grip widths (wide, narrow, neutral) to target different back and arm muscles.
- **Chin-ups:** Use an underhand grip on the top bar to focus on biceps and back.
- **Dips:** Utilize the dip handles to work your chest, triceps, and shoulders.
- **Push-ups:** Use the lower push-up bars for elevated push-ups, increasing range of motion and targeting chest and triceps.
- **Knee Lifts/Leg Raises:** Use the dip handles for support and lift your knees or straight legs to engage abdominal muscles.
- **Inverted Rows:** Adjust the height to a lower setting and perform inverted rows for back and bicep development.

Exercise Demonstration Video:

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Video demonstrating various exercises that can be performed on the Z ZHICHI Pull Up Dip Station, including pull-ups, dips, and push-ups.

All-in-One Workout Examples:



Figure 6: Visual examples of exercises possible with the station.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Pull Up Dip Station:

- **Cleaning:** Wipe down the frame and handles with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all nuts, bolts, and connections for tightness. Tighten any loose fasteners immediately.
- **Wear and Tear:** Check foam grips and rubber feet for signs of wear or damage. Replace if necessary to maintain safety and comfort.
- **Storage:** Store the equipment in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter any issues with your Z ZHICHI Pull Up Dip Station, refer to the following common solutions:

- **Wobbling/Instability:** Ensure the station is placed on a completely flat and level surface. Check all assembly bolts and nuts to confirm they are fully tightened.
- **Difficulty Adjusting Height:** Ensure the adjustment knob is fully loosened before attempting to change height. Check for any obstructions in the adjustment holes.
- **Squeaking Noises:** Inspect all connection points. Applying a small amount of lubricant (e.g., silicone spray) to moving parts or connection points may resolve squeaking.
- **Damaged Parts:** Do not use the equipment if any part is damaged. Contact customer support for replacement parts.

7. SPECIFICATIONS

Feature	Detail
Model Number	ED-00AN-AMSQ
Material	Carbon Steel
Color	Upgrade (Light Yellow + Cool Gray)
Product Dimensions (L x W x H)	101.85 x 83.82 x 199.9 cm (40.1 x 33 x 78.7 inches)
Item Weight	16.3 kg (36 lbs)
Maximum Weight Recommendation	330 lbs (150 kg)
Handle Type	Multifunctional modeling
Adjustable Height Levels	6 levels (59.1 to 78.7 inches)

8. WARRANTY AND SUPPORT

For warranty information, please refer to the product packaging or contact your retailer. If you have any questions, require assistance with assembly, or need replacement parts, please contact Z ZHICHI customer support through the retailer's platform or the contact information provided with your purchase.

