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Leiblsufo Y240-30\*60

# Leiblsufo Pull Up Dip Station User Manual

Model: Y240-30\*60

## 1. INTRODUCTION

Thank you for choosing the Leiblsufo Pull Up Dip Station. This multi-functional fitness equipment is designed to provide a comprehensive full-body workout, supporting exercises such as pull-ups, chin-ups, dips, push-ups, and knee raises. Constructed with heavy-duty steel, it offers stability and durability for a reliable fitness experience. This manual provides essential information for safe assembly, operation, and maintenance of your new equipment.



Image 1.1: Overview of the Leiblsufo Pull Up Dip Station highlighting its key features and maximum load capacity.

## 2. SAFETY INFORMATION

Before using this equipment, please read and understand all instructions and warnings. Failure to do so may result in serious injury.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Maximum Weight Capacity:** Do not exceed the maximum user weight of 660 LBS (approximately 300 kg).
- **Stable Surface:** Ensure the equipment is placed on a flat, stable, and non-slip surface.
- **Inspect Before Use:** Before each use, check all bolts, nuts, and connections to ensure they are securely tightened. Do not use if any parts are loose or damaged.
- **Proper Form:** Perform exercises with controlled movements. Avoid sudden jerking motions.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Assembly:** Ensure all assembly steps are followed correctly. If unsure, seek professional assistance.

### 3. COMPONENTS LIST

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support immediately.

- Main Frame Components (Vertical Supports, Base Stabilizers)
- Pull-Up Bar Assembly
- Dip Handles with Elbow Pads
- Backrest Pad
- Connecting Rods and Brackets
- Hardware Kit (Bolts, Nuts, Washers, Wrenches)
- Instruction Manual

# PRODUCT DIMENSIONS

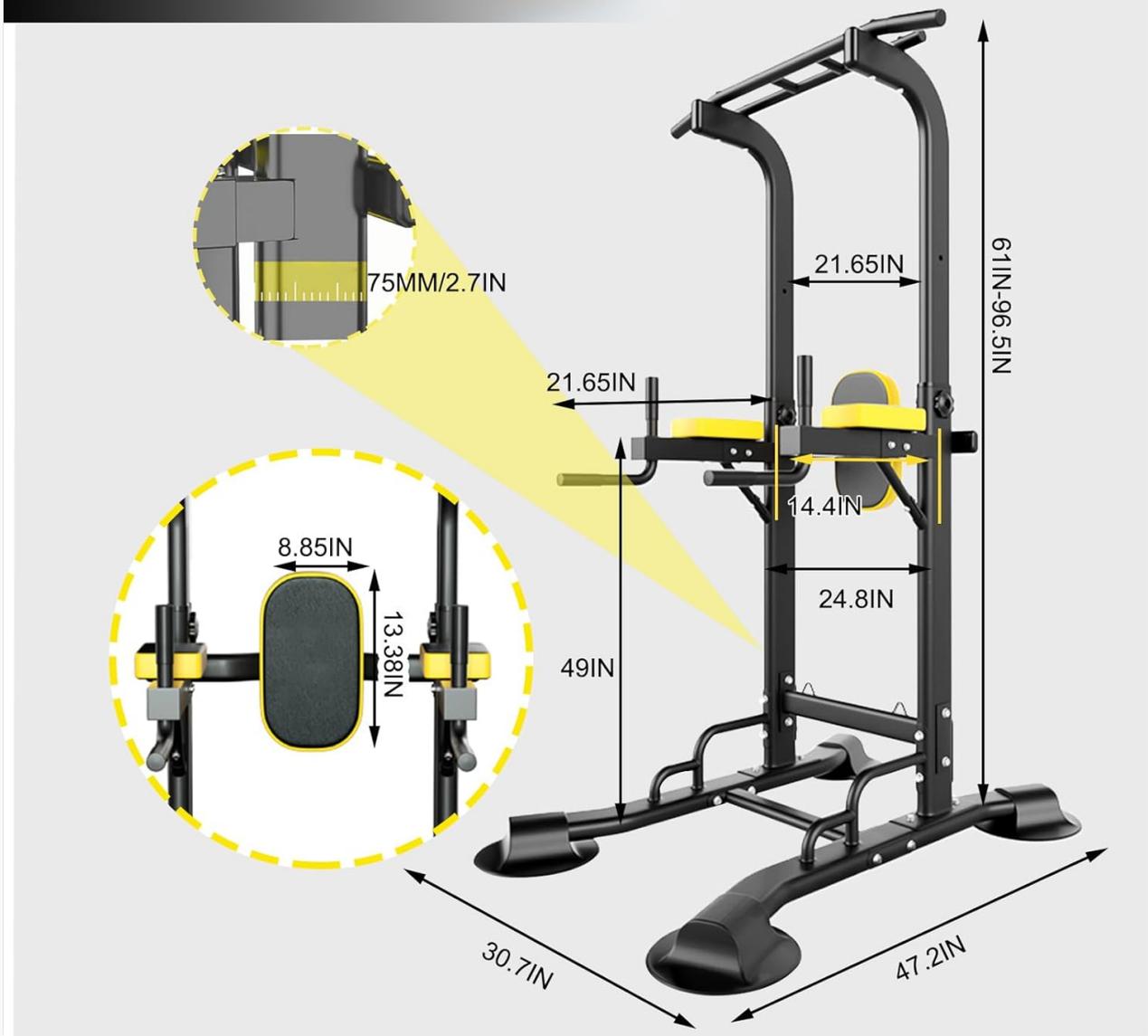


Image 3.1: Product dimensions and key structural components.



Image 3.2: Top view of the assembled unit, illustrating the overall footprint.

## 4. SETUP AND ASSEMBLY

The product comes with assembly tools and detailed installation instructions. Please follow the steps carefully to ensure proper and safe assembly.

1. **Unpack:** Carefully unpack all components and lay them out on a clean, flat surface.
2. **Identify Parts:** Refer to the components list and diagrams in the included installation guide to identify each part.
3. **Assemble Base:** Connect the base stabilizers to the main vertical supports using the provided hardware. Ensure all bolts are finger-tight initially.
4. **Attach Dip Station Components:** Secure the dip handles, elbow pads, and backrest to the main frame.
5. **Install Pull-Up Bar:** Attach the pull-up bar assembly to the top of the main frame.
6. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided wrenches. Ensure all connections are secure but do not overtighten.
7. **Stability Check:** Gently shake the assembled unit to ensure it is stable and does not wobble. Adjust connections if necessary.

For visual guidance, an installation video may be available. Please refer to the product packaging or manufacturer's website for details.

## 5. OPERATING INSTRUCTIONS AND USAGE

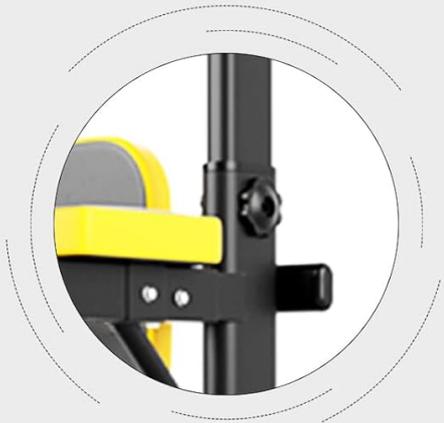
The Leibsufu Pull Up Dip Station is designed for versatile strength training. Its adjustable height feature allows customization for various users and exercises.

### 5.1. Adjustable Height

The pull-up bar features an adjustable design, allowing you to set the bar at various heights from 61 to 96 inches (155 cm to 244 cm) to accommodate users of different heights and sizes. To adjust the height, locate the adjustment pins on the vertical supports, pull them out, slide the bar to the desired height, and re-insert the pins securely.

## MULTI-HEIGHT ADJUSTABLE

96.45IN ●  
87.59IN ●  
78.74IN ●  
69.88IN ●  
61.02IN ●



**EASY TO ADJUST**  
5-level adjustable

Image 5.1: Multi-height adjustable feature for customized workouts.

### 5.2. Exercise Types

This station supports a variety of bodyweight exercises:

- **Pull-ups & Chin-ups:** Use the top bar for back and bicep development.
- **Dips:** Utilize the parallel dip handles for triceps and chest exercises.
- **Push-ups:** The lower handles can be used for elevated push-ups, targeting chest and triceps.
- **Knee Raises & Leg Raises:** Use the dip station with the backrest for core and abdominal workouts.

# MULTI-FUNCTION EQUIPMENT

SUPPORT MANY KINDS OF EXERCISE TYPES LIKE PULL-UP, DIPS, PUSH-UP, KNEE RAISE AND SO ON.



Image 5.2: Examples of exercises possible with the multi-function equipment.

## MULTI-FUNCTIONAL PULL-UP TOWER

EXERCISE YOUR WHOLE BODY MUSCLES



Image 5.3: Multi-functional pull-up tower targeting various muscle groups.

Image 5.4: Various exercise demonstrations on the equipment.

### 5.3. Stability Features

The station features a 1.2-meter extended base design and reinforced support bars to enhance stability during workouts, ensuring safety and preventing wobbling.

# PRODUCT CHARACTERISTICS

**LBS**

**660LBS  
MAX LOAD**

**DOUBLE BAR DESIGN**

**70MM/2.75IN**

**WIDER MAIN FRAME FOR GREATER STRENGTH**

**30 7/8\"**

**47 2/8\"**

**INCREASE BOTTOM SUPPORT TO REJECT WOBBLES**

**REINFORCED SUPPORT BAR, STRONG SUPPORT**

**THICKER DESIGN FOR MORE COMFORT**

Image 5.5: Product characteristics highlighting stability and load capacity.

# SUBSTANTIAL IMPROVEMENT IN STABILITY

WIDER MAIN FRAME, LONGER BOTTOM SUPPORT, THICKENING THE THICKNESS OF THE MAIN FRAME JUST NOW, THE STABILITY OF THE PERFORMANCE OF THE LEADING

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Image 5.6: Stability comparison with other models, emphasizing the wider base.

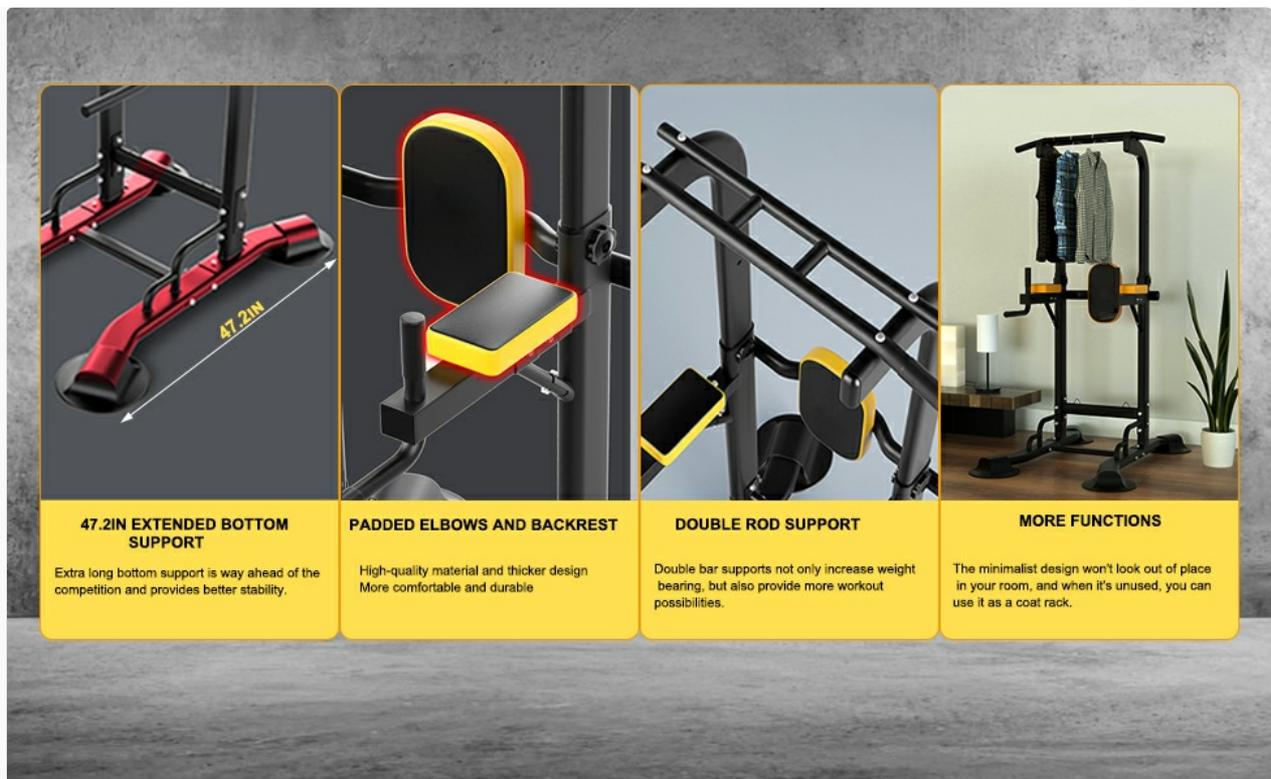


Image 5.7: Detailed view of extended bottom support and padded components.

## 6. MAINTENANCE

Regular maintenance will prolong the life of your Leiblsufo Pull Up Dip Station and ensure continued safe operation.

- **Check Connections:** Periodically inspect all bolts, nuts, and connecting points. Tighten any that have become loose due to use.
- **Clean:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Storage:** Store the equipment in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspect for Damage:** Regularly check for any signs of wear, cracks, or damage to the frame, welds, or padding. Discontinue use immediately if damage is found and contact customer support.

## 7. TROUBLESHOOTING

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

- **Equipment Wobbles:**
  - Ensure the equipment is on a completely flat and level surface.
  - Check and tighten all assembly bolts and nuts.
  - Verify that the base stabilizers are fully extended and making firm contact with the floor.
- **Difficulty Adjusting Height:**
  - Ensure the adjustment pins are fully disengaged before attempting to slide the bar.

- Check for any obstructions or debris in the adjustment holes.
- Apply a small amount of silicone lubricant to the sliding parts if movement is stiff.

- **Squeaking Noises:**

- Identify the source of the squeak. It is often a loose bolt or a metal-on-metal contact point.
- Tighten all bolts. If squeaking persists, apply a small amount of lubricant to the contact points.

If the problem persists after attempting these solutions, please contact Leiblsufo customer support.

## 8. SPECIFICATIONS

Feature	Specification
Brand	Leiblsufo
Model	Y240-30*60
Material	Metal
Color	Black
Product Dimensions (L x W x H)	120 x 80 x 240 cm (47.2L x 31.5W x 94.5H inches)
Adjustable Height Range	61 - 96.45 inches (approx. 155 - 245 cm)
Max Load Capacity	660 LBS (approx. 300 kg)
Net Weight	22.32 kg (49.2 LBS)
Handle Type	Fixed

## 9. WARRANTY AND SUPPORT

For any questions, concerns, or assistance with your Leiblsufo Pull Up Dip Station, please contact our customer support team. While specific warranty details are not provided in this manual, please refer to your purchase documentation or the manufacturer's official website for warranty information and support contact details.

We are committed to providing prompt responses and resolving any issues you may encounter.