

## HEVIRGO 664DC664DC26BEFBC2

# HEVIRGO 2-in-1 Wall Mounted Pull Up Bar and Dip Station Instruction Manual

Model: 664DC664DC26BEFBC2

Brand: HEVIRGO

## 1. INTRODUCTION

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This manual provides comprehensive instructions for the safe and effective use of your HEVIRGO 2-in-1 Wall Mounted Pull Up Bar and Dip Station. This versatile fitness equipment is designed for home gym workouts, allowing for a variety of exercises including pull-ups, chin-ups, dips, and leg raises. It targets multiple muscle groups such as the back, shoulders, chest, arms, triceps, biceps, lats, and abdominal muscles.

Please read this manual thoroughly before installation and use to ensure proper setup and to maximize your workout experience while maintaining safety.

## 2. SAFETY INFORMATION

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- **Maximum Weight Capacity:** This equipment is designed to support a maximum user weight of 440 pounds (200 kg). Do not exceed this limit.
- **Installation Surface:** The pull-up bar must be installed on solid wall types ONLY, such as concrete, brick, or cinder blocks. **DO NOT** install on drywall, plaster walls, or cavity walls, as these surfaces cannot safely support the equipment and user weight.
- **Professional Installation:** If you are unsure about the installation process or the suitability of your wall, consult a qualified professional for assistance.
- **Pre-Use Inspection:** Before each use, inspect the equipment for any signs of wear, damage, or loose components. Ensure all bolts and connections are securely tightened. Do not use the equipment if any

part is damaged or loose.

- **Warm-Up:** Always perform a proper warm-up before beginning any exercise routine to prevent injury.
- **Children and Pets:** Keep children and pets away from the equipment during use and ensure it is not accessible for unsupervised play.
- **Proper Form:** Use proper exercise form to avoid injury. If you experience pain or discomfort, stop exercising immediately.

### 3. PACKAGE CONTENTS

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Verify that all components are present and undamaged before proceeding with assembly. The package includes:

- Main Pull Up Bar Frame
- Dip Station Arms with Padded Back and Armrests
- Various Grips and Handles
- All necessary Mounting Hardware (bolts, washers, nuts, anchors)
- Instruction Manual



*Image 1: Overview of the HEVIRGO 2-in-1 Wall Mounted Pull Up Bar and Dip Station. This image displays the complete assembled unit, showcasing its black steel frame, red padded backrest and armrests, and multiple grip positions for various exercises.*

## 4. SETUP AND INSTALLATION

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Proper installation is critical for the safety and stability of your HEVIRGO fitness equipment. Follow these steps carefully:

1. **Select a Suitable Wall:** As stated in the safety information, choose a solid wall made of concrete, brick, or cinder blocks. Ensure the chosen location has sufficient space for exercises and user movement.
2. **Determine Mounting Height:** Decide on an appropriate mounting height for the pull-up bar, considering the user's height and desired exercise range.
3. **Mark Drilling Points:** Hold the main frame against the wall at the desired height. Use a pencil to accurately mark the positions for drilling holes. Use a level to ensure the marks are perfectly horizontal.
4. **Drill Holes:** Using an appropriate drill bit for your wall type, drill holes at the marked positions. Ensure the depth and diameter of the holes match the provided wall anchors.
5. **Insert Anchors:** Insert the wall anchors into the drilled holes. They should fit snugly.
6. **Mount the Main Frame:** Align the main frame with the anchors and secure it to the wall using the provided bolts, washers, and nuts. Tighten all fasteners firmly.
7. **Attach Dip Station and Grips:** Assemble the dip station arms, padded backrest, and armrests according to the detailed diagrams in the included paper manual. Attach all additional grips and handles to the main frame.
8. **Final Tightening:** Double-check and tighten all bolts and connections across the entire unit. Ensure there is no wobble or looseness.

## Made of heavy-duty steel

High quality environmentally friendly materials, durable, with excellent stability and rigidity, can support a weight of **440** pounds.



Easy Assembly



Suspension Anchors



Heavy Duty



Strong Load-bearing



Image 2: This image illustrates the robust construction of the HEVIRGO pull-up bar, emphasizing its heavy-duty steel and ease of assembly. A woman is shown performing pull-ups, demonstrating the equipment's stability.

## 5. OPERATING INSTRUCTIONS

The HEVIRGO 2-in-1 Wall Mounted Pull Up Bar and Dip Station offers multiple exercise options. Always ensure a secure grip and stable body position before starting any exercise.

### 5.1. Pull-Ups and Chin-Ups

- Grasp the top bar with an overhand grip (pull-ups) or underhand grip (chin-ups).
- Ensure your hands are spaced appropriately for your comfort and target muscle group (wide, narrow, or neutral grip).
- Hang freely, then pull your body upwards until your chin clears the bar.
- Lower yourself slowly and with control.



*Image 3: Two women demonstrate proper form for pull-ups and chin-ups on the HEVIRGO wall-mounted bar, showcasing different grip variations and the equipment's stability during use.*

## **5.2. Dip Station Exercises**

- Position yourself between the dip station arms, grasping the handles.
- Support your body weight with your arms extended.
- Slowly lower your body by bending your elbows until your shoulders are below your elbows.
- Push back up to the starting position. The padded back and armrests provide comfort during these exercises.

# Multifunctional

Two ways / Two effects



Image 4: This image illustrates the dual functionality of the HEVIRGO unit, showing a man performing pull-ups on the upper bar and another man utilizing the lower section as a dip station.

## 5.3. Leg Raises and Push-Ups

- **Leg Raises:** While using the dip station, support yourself on the armrests and backrest. Keep your legs straight and lift them upwards, engaging your abdominal muscles.
- **Push-Ups:** The unit can be used for various push-up variations by placing your hands on the lower handles or the dip station arms, allowing for deeper stretches and different muscle engagement.



*Image 5: This image shows two men demonstrating how to expand exercise postures, including push-ups and dips, by utilizing different parts of the HEVIRGO fitness equipment.*

#### **5.4. Suspension Anchors**

The unit includes integrated hangers for attaching additional fitness accessories such as punching bags or power ropes, expanding your workout possibilities.



Image 6: This image highlights the integrated hangers on the HEVIRGO pull-up bar, demonstrating its capability to support additional equipment like punching bags or suspension trainers.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safety of your HEVIRGO fitness equipment.

- **Check Fasteners:** Periodically inspect all bolts, nuts, and connections. Re-tighten any that have become loose due to vibrations or use.
- **Inspect for Wear:** Examine the grips, padded backrest, and armrests for any signs of wear, tears, or damage. Replace worn parts immediately to maintain comfort and safety.
- **Cleaning:** Wipe down the equipment with a damp cloth after use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or materials.
- **Storage:** While wall-mounted, ensure the area around the equipment is kept clear to prevent accidental damage or obstruction.

## 7. TROUBLESHOOTING

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If you encounter any issues with your HEVIRGO 2-in-1 Wall Mounted Pull Up Bar and Dip Station, refer to the following common solutions:

- **Equipment Feels Unstable or Wobbly:**

- Ensure all mounting bolts are securely tightened.
- Verify that the equipment is installed on a suitable, solid wall surface as specified in the "Safety Information" section. Installation on unsuitable walls will compromise stability.
- Check for any loose connections between the frame components.

- **Grips or Pads Show Damage:**

- Discontinue use if grips or pads are significantly torn or damaged, as this can affect safety and comfort.
- Contact HEVIRGO customer support for information on replacement parts.

For issues not covered here, please contact HEVIRGO customer support.

## 8. SPECIFICATIONS

Attribute	Detail
Brand	HEVIRGO
Model Number	664DC664DC26BEFBC2
Material	Heavy-duty Steel (1.5" x 1.5" heavy-gauge steel square pipe), Alloy Steel
Color	Black
Mounting Type	Wall Mount
Maximum Weight Recommendation	440 Pounds (200 kg)
Item Weight	22 pounds (10000 Grams)
Dimensions (Approx.)	Length: 100cm (39.37"), Width: 70cm (27.56"), Height: 59cm (23.23")
Special Features	Padded Grips, Padded Back and Armrests, Suspension Anchors
Age Range (Description)	Adult
Date First Available	May 22, 2024



*Image 7: This image provides a detailed diagram of the HEVIRGO pull-up bar's dimensions, including its length (39.4 inches / 100 cm), width (27.6 inches / 70 cm), and height (23.2 inches / 59 cm).*

## 9. WARRANTY AND SUPPORT

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HEVIRGO is committed to providing high-quality fitness equipment. While specific warranty details are not provided in this manual, we recommend retaining your purchase receipt as proof of purchase for any potential warranty claims.

For product support, technical assistance, or inquiries regarding replacement parts, please contact HEVIRGO customer service through the retailer where the product was purchased or via the official HEVIRGO contact channels.