WATBKHE DIPS-010

WATBKHE Power Tower Pull Up Bar Dip Station Instruction Manual

Model: DIPS-010

1. Introduction

This manual provides essential instructions for the safe assembly, operation, and maintenance of your WATBKHE Power Tower Pull Up Bar Dip Station. Please read this manual thoroughly before using the equipment to ensure proper function and user safety. This multi-functional fitness equipment is designed for various strength training exercises, including pull-ups, dips, and knee raises.

2. Safety Information

Warning: Failure to follow these safety instructions may result in serious injury.

- Consult a physician before beginning any exercise program.
- Ensure the power tower is assembled correctly and all bolts are securely tightened before each use.
- Place the equipment on a stable, level surface. Do not use on uneven ground.
- The maximum user weight capacity for this power tower is 204.12 kg (440 lbs). Do not exceed this limit.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Regularly inspect the equipment for wear and tear, loose parts, or damage. Do not use if damaged.



Figure 2.1: The power tower features a stable triangular landing design and 2mm thickened steel construction, supporting up to 460 lbs (approximately 208 kg) for enhanced stability during workouts.

3. Package Contents

Before assembly, verify that all components are present and undamaged. If any parts are missing or damaged, do not proceed with assembly and contact customer support.
Included components:

- Power Tower Frame (various sections)
- Pull Up Bar
- Dip Station Handles
- Assembly Hardware (bolts, nuts, washers, safety pins)
- Basic Assembly Tools (spanners - professional tools recommended for easier assembly)

4. Assembly Instructions

Assembly typically requires two people. Follow the steps below and refer to the provided diagrams for visual guidance. Ensure all connections are secure before use.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify against the package contents list.
2. **Assemble Base Frames:** Connect the horizontal base bars to the vertical support frames. Ensure the orientation is correct for stability.
3. **Attach Main Uprights:** Secure the main upright posts to the assembled base frames using the provided bolts and washers. Do not fully tighten bolts until all major components are in place.
4. **Install Dip Handles:** Attach the dip station handles to the main uprights at your desired height. These are adjustable.
5. **Mount Pull-Up Bar:** Secure the pull-up bar to the top of the main uprights. Ensure it is centered and level.
6. **Insert Safety Pins:** For adjustable sections, insert the safety pins through the designated holes to lock the height in place.
7. **Final Tightening:** Once all components are correctly positioned, systematically tighten all bolts and nuts using the provided tools or your own wrenches.
8. **Stability Check:** Gently shake the assembled power tower to ensure it is stable and does not wobble. Adjust or re-tighten as necessary.



Figure 4.1: Folding instructions. These steps can be reversed to guide the assembly process, showing how components connect and adjust.

5. Operation and Exercises

The WATBKHE Power Tower offers multiple adjustment options and exercise possibilities. Always ensure the equipment is stable and adjusted correctly for your height and exercise type.

5.1 Height Adjustment

The power tower features 7 adjustable height levels for the pull-up bar and 8 handle positions for the dip station, accommodating various user heights and exercise preferences. To adjust:

1. Locate the adjustment levers and safety pins on the main uprights.
2. Pull out the safety pins and rotate the adjustment knobs to loosen the mechanism.
3. Carefully raise or lower the desired section (pull-up bar or dip handles) to the appropriate height.
4. Align the holes and re-insert the safety pins, then tighten the adjustment knobs to secure the position.



Figure 5.1: The power tower offers 8 adjustable height levels for the pull-up bar and 8 handle positions for the dip station, making it suitable for users of various heights.

5.2 Exercise Examples

The multi-functional design supports a wide range of exercises for full-body training. The width of 39.4 inches provides ample space for movement.

- **Pull-ups:** Use the top bar for various grip pull-ups (wide, narrow, chin-ups).
- **Dips:** Utilize the dip handles for triceps and chest dips.
- **Knee Raises** / **Leg Raises:** Use the dip handles as support for core exercises.
- **Inverted Rows:** Position yourself under the pull-up bar for bodyweight rows.
- **Push-ups:** The base can be used for elevated push-ups or the dip handles for deeper range of motion.



Figure 5.2: Examples of exercises possible with the power tower, including leg raises, pull-ups, dips, inverted rows, narrow pull-ups, and push-ups.



Figure 5.3: Key features include non-slip foot covers for stability, comfortable ergonomic grips, and four grip positions on the pull-up bar to accommodate different exercises and users.

6. Maintenance

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

- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Re-tighten any loose fasteners.
- **Cleaning:** Wipe down the frame and handles with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.
- **Storage:** The power tower is foldable for compact storage. To fold, follow the instructions in Figure 4.1. Once folded, it measures approximately 39.4" (L) × 6.3" (W) × 61.4" (H) and can be stored behind a door or under a bed.



Figure 6.1: The power tower is designed to be foldable, reducing its footprint for easy storage when not in use.

7. Troubleshooting

If you encounter issues with your power tower, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Equipment wobbles during use.	Loose bolts or uneven surface.	Ensure all bolts are securely tightened. Move the equipment to a flat, level surface. Check non-slip foot covers.
Difficulty adjusting height.	Safety pins not fully disengaged or adjustment knobs not loosened.	Ensure safety pins are completely pulled out and adjustment knobs are rotated to the 'LOOSEN' position before attempting to adjust.

Problem	Possible Cause	Solution
Squeaking noises during exercise.	Loose connections or friction between metal parts.	Check and tighten all bolts. A small amount of silicone lubricant can be applied to pivot points if necessary, avoiding contact with grips.

8. Specifications

Feature	Detail
Brand	WATBKHE
Model	DIPS-010
Material	Iron (2mm Thickened Steel)
Color	Black
Product Dimensions (Assembled)	116 cm (L) x 133 cm (W) x 230 cm (H)
Product Dimensions (Folded)	39.4" (L) × 6.3" (W) × 61.4" (H)
Item Weight	21 Kilograms
Maximum User Weight	204.12 kg (440 lbs)
Adjustable Heights	7 levels for pull-up bar, 8 positions for dip handles
Handle Type	Knob
UPC	762704579434

9. Warranty Information

Specific warranty details for the WATBKHE Power Tower Pull Up Bar Dip Station may vary by region and retailer. Please retain your proof of purchase. For comprehensive warranty information, refer to the documentation included with your product or contact WATBKHE customer support directly.

10. Customer Support

If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please contact WATBKHE customer service. You can typically find contact information through the retailer where you purchased the product or on the official WATBKHE brand website.

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