WATBKHE DIPS-010

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

Brand: WATBKHE | Model: DIPS-010

1. Introduction

Thank you for choosing the WATBKHE Power Tower Dip Station. This versatile fitness equipment is designed for a full-body workout in your home or office. It supports various exercises such as pull-ups, dips, push-ups, and leg raises. This manual provides essential information for safe assembly, operation, and maintenance of your equipment. Please read it thoroughly before use.

2. Safety Information

- **Maximum Weight Capacity:** This Power Tower is designed to support a maximum user weight of 200 kg (440 lbs). Do not exceed this limit.
- **Stable Surface:** Always place the equipment on a flat, stable, and non-slip surface. Ensure adequate clearance around the unit for safe exercise.
- **Pre-Use Check:** Before each use, inspect the equipment for any loose bolts, damaged parts, or signs of wear. Do not use if any components are compromised.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions. Incorrect assembly can lead to instability and injury.
- **Consult a Professional:** If you have any health concerns, consult a physician before starting any new exercise program.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Warm-up:** Always perform a warm-up before exercising and a cool-down afterward.

The unique triangular design and anti-slip bottom prevent movement or tipping during workouts, enhancing stability.



This image illustrates the robust triangular structure, safety pins for secure adjustments, and anti-slip feet designed to enhance stability during exercise.

3. Package Contents

Before assembly, please verify that all the following components are present:

- Main Frame
- Pull-up Bar
- Dip Bars (2 units)
- Push-up Handles (2 units)
- Assembly Hardware (bolts, nuts, washers, safety pins)
- Instruction Manual (this document)

4. Assembly Instructions

The WATBKHE Power Tower is designed for straightforward assembly. All necessary parts and clear instructions are included in the package. Please follow the step-by-step guide provided with your product for proper setup.

1. Unpack all components and lay them out on a clean, flat surface.
2. Identify each part using the provided diagram in the separate assembly guide.
3. Begin by assembling the main frame, ensuring all connections are secure but not fully tightened until all major components are in place.
4. Attach the pull-up bar and dip bars, securing them with the appropriate hardware and safety pins.
5. Once all parts are assembled, fully tighten all bolts and nuts.
6. Perform a stability check by gently shaking the unit to ensure it is firm and stable.

The folding mechanism is integrated into the design for easy storage. Ensure safety pins are correctly engaged when folding or unfolding.



This image demonstrates how the Power Tower can be easily folded for convenient storage, occupying minimal space when not in use.

5. Operating Instructions & Exercise Guide

The WATBKHE Power Tower supports a variety of exercises for a comprehensive full-body workout. Adjust the height of the pull-up bar and dip bars to suit your body and exercise needs.

Adjustments:

This freestanding pull-up bar offers 7 adjustable height settings for the pull-up bar, ranging from 170 cm to 230 cm. The dip bars also feature adjustable heights. These adjustments allow the equipment to be adapted for users of different heights, making it suitable for adults and children.

- To adjust the height, locate the adjustment pins on the vertical support frames.
- Pull out the pins, slide the bar to the desired height, and re-insert the pins, ensuring they are fully engaged in the adjustment holes.



This image highlights the adjustable height features for both the pull-up bar (8 settings) and the dip bars (7 settings), allowing customization for various users and exercises.

Supported Exercises:

This versatile station allows you to perform:

- **Pull-ups:** Targets back and biceps.
- **Dips:** Targets chest, triceps, and shoulders.
- **Vertical Leg Raises:** Targets abdominal muscles.
- **Push-ups:** Targets chest, shoulders, and triceps (using the integrated push-up handles).
- **Inverted Rows:** Targets back and biceps (adjust bar height for different intensity).



This image visually demonstrates five fundamental exercises possible with the Power Tower: Pull-ups, Dips, Leg Raises, Inverted Rows, and Push-ups, illustrating the equipment's versatility.



This image shows a user performing pull-ups on the Power Tower, demonstrating its primary function. A folded view of the station is also visible, highlighting its compact storage capability.



This image features a woman executing pull-ups while wearing a weight belt, demonstrating the Power Tower's robust stability even when subjected to significant loads up to 200 kg.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your Power Tower.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Hardware Check:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight and secure. Tighten any loose hardware.
- **Wear and Tear:** Inspect the frame, grips, and anti-slip feet for any signs of damage, cracks, or excessive wear. Replace worn parts immediately.

7. Storage

The WATBKHE Power Tower features a foldable design for convenient storage, making it ideal for smaller spaces.

- To fold, ensure the adjustment pins are disengaged, then carefully collapse the frame as instructed in the assembly guide.
- Store the folded unit in a dry, cool place away from direct sunlight and moisture.



This image demonstrates how the Power Tower can be easily folded for convenient storage, occupying minimal space when not in use.

8. Troubleshooting

If you encounter any issues with your Power Tower, refer to the following common solutions:

- **Instability:** Ensure all bolts are fully tightened. Verify the equipment is on a flat, even surface. Check that all safety pins are correctly engaged.
- **Difficulty Adjusting Height:** Ensure adjustment pins are fully pulled out before attempting to slide the bars. Check for any obstructions in the adjustment holes.
- **Squeaking Noises:** Check and tighten all connections. A small amount of lubricant can be applied to moving parts if necessary, but avoid applying to grips or anti-slip surfaces.

For issues not covered here, please contact customer support.

9. Specifications

- **Model:** DIPS-010
- **Material:** Alloy Steel (2mm thick, 4-5cm wide tubing)
- **Color:** Black
- **Unfolded Dimensions (L x W x H):** 116 cm x 113 cm x 170-230 cm (45.7 x 44.5 x 67-90.6 inches)
- **Folded Dimensions (H x W x D):** Approximately 156 cm x 16 cm x 133 cm (61.4 x 6.3 x 52.4 inches)
- **Weight:** Approximately 19.34 kg (42.6 lbs)
- **Maximum Load Capacity:** 200 kg (440 lbs)
- **Pull-up Bar Height Adjustment:** 7 levels (170 cm to 230 cm)
- **Dip Bar Height Adjustment:** Multiple levels



This image provides a comprehensive overview of the Power Tower's dimensions when fully extended and when folded, including the adjustable height range.

10. Warranty and Support

Your WATBKHE Power Tower comes with a limited warranty. For any questions, concerns, or assistance with assembly, operation, or troubleshooting, please contact our customer support team. We are committed to providing a satisfactory solution within 12 hours of your inquiry.

Please refer to your purchase documentation for specific warranty details and contact information.

© 2025 WATBKHE. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question