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WATBKHE DIPS-010

WATBKHE Power Tower Dip Station Pull-Up Bar - User Manual

Model: DIPS-010

1. Introduction

Thank you for choosing the WATBKHE Power Tower Dip Station. This versatile, foldable fitness station is designed for comprehensive full-body workouts in the comfort of your home. It allows for various exercises including pull-ups, dips, push-ups, and leg raises. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

2. Safety Information

To reduce the risk of serious injury, please read the following safety instructions before using the equipment:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface. Ensure adequate space around the unit.
- Inspect the equipment before each use for loose parts, wear, or damage. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Do not exceed the maximum user weight of 200 kg (440 lbs).
- Use the equipment only for its intended purpose as described in this manual.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

3. Package Contents

Please check that all parts are present before assembly:

- Main frame components (vertical bars, base bars, pull-up bar, dip handles)
- Hardware kit (bolts, nuts, washers, pins)
- Assembly tools (wrenches)
- User Manual

4. Setup and Assembly

Assembly is designed to be straightforward. Follow the included detailed assembly guide step-by-step. Ensure all

connections are secure before proceeding to the next step.

1. Unpack all components and lay them out on a clear, flat surface.
2. Attach the base stabilizers to the main vertical support frames using the provided bolts and nuts.
3. Connect the upper pull-up bar section to the vertical supports.
4. Install the dip handles at the desired height.
5. Ensure all bolts are tightened securely. Do not overtighten.
6. Perform a stability check by gently shaking the assembled unit to ensure no wobbling.

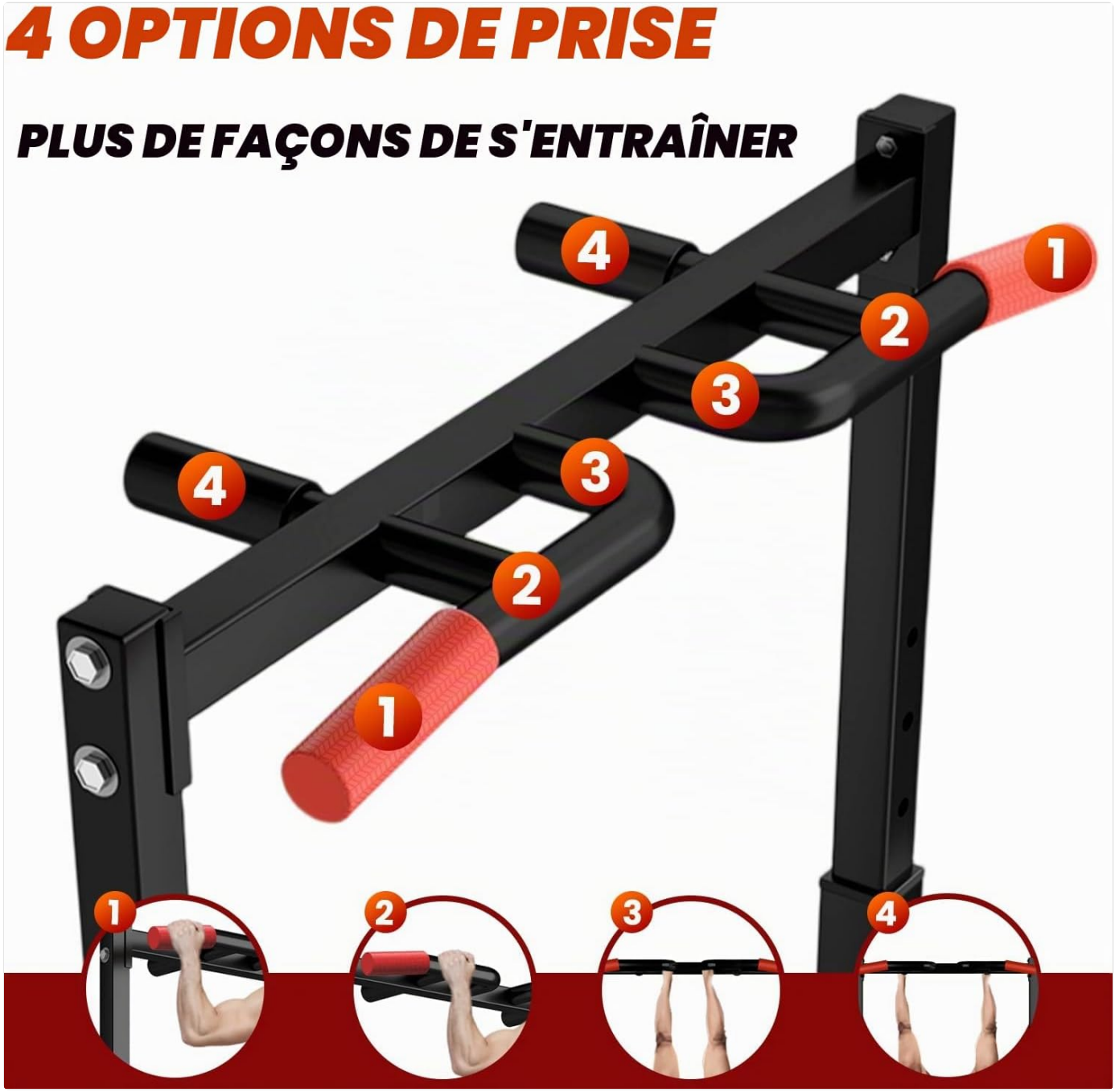


Figure 4.1: Fully assembled WATBKHE Power Tower Dip Station, ready for use.

5. Operating Instructions

5.1 Height Adjustment

The Power Tower features 7 adjustable height levels, ranging from 170 cm to 230 cm, making it suitable for various users.

1. Locate the adjustment knobs/pins on the vertical support frames.
2. Pull out the adjustment pin and slide the upper section to the desired height.
3. Ensure the pin fully re-engages into the corresponding hole at the new height.
4. Repeat for both sides to ensure the pull-up bar is level.



Figure 5.1: Illustration of the adjustable height mechanism, showing various height settings suitable for different family members.

5.2 Performing Exercises

This multi-functional station supports a variety of exercises for a full-body workout:

- **Pull-ups:** Use the top bar with wide, narrow, or neutral grips to target back and arm muscles.
- **Dips:** Utilize the parallel dip handles to work triceps, chest, and shoulders.
- **Leg Raises:** Use the dip station with forearm supports to target abdominal muscles.
- **Push-ups:** The base or dip handles can be used for elevated push-ups.
- **Inverted Rows:** Use the lower bars for bodyweight rows.



Figure 5.2: Examples of basic exercises including leg raises, pull-ups, dips, inverted rows, close-grip pull-ups, and push-ups.



Figure 5.3: Detailed view of the four available grip options on the pull-up bar, allowing for varied muscle targeting.

5.3 Folding for Storage

The Power Tower is designed to be foldable for easy storage, saving up to 80% of space.

1. Remove the four safety pins located at the base of the vertical supports.
2. Fold the base of the pull-up bar inwards.
3. Turn the adjustment knobs to loosen the upper horizontal bar.
4. Lower the upper horizontal bar until the unit is fully collapsed.



Figure 5.4: Visual guide for folding the Power Tower, showing the steps from removing pins to collapsing the unit.



Figure 5.5: Comparison of the Power Tower's dimensions when unfolded and folded, highlighting its space-saving design.

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. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Tighten any loose fasteners. Inspect for any signs of wear, cracks, or damage to the frame or grips.
- **Storage:** Store the equipment in a dry, cool place away from direct sunlight and moisture.

7. Troubleshooting

If you encounter any issues, refer to the following common problems and solutions:

- **Wobbling during use:**
  - Ensure the equipment is on a flat, level surface.
  - Check all assembly bolts and nuts; tighten any that are loose.
- **Difficulty adjusting height:**
  - Ensure the adjustment pin is fully disengaged before attempting to slide the bar.
  - Check for any obstructions in the adjustment holes.
- **Squeaking noises:**
  - Tighten all bolts and connections.
  - Apply a small amount of silicone lubricant to pivot points if necessary.

8. Specifications

Brand	WATBKHE
Model Number	DIPS-010
Material	Iron
Dimensions (L x W x H)	125 cm x 116.1 cm x 230 cm (max height)
Adjustable Height Range	170 cm - 230 cm (7 levels)
Maximum User Weight	200 kg (440 lbs)
Item Weight	19.6 kg
UPC	762704579434



Figure 8.1: Illustration highlighting the superior stability, 2mm thick steel tubing, and 200kg weight capacity of the Power Tower.

9. Warranty and Support

This product comes with a limited warranty. For specific terms and conditions, please refer to the warranty card included with your purchase or contact customer support.

If you have any questions, concerns, or require assistance with your WATBKHE Power Tower, please do not hesitate to contact our customer service team. We are committed to providing a satisfactory solution within 12 hours.

Manufacturer Contact:
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