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DH FitLife YTJ05-A

DH FitLife Power Tower Dip Station

User Manual - Model YTJ05-A

Brand: DH FitLife

1. Introduction

Thank you for choosing the DH FitLife Power Tower Dip Station. This multifunctional fitness equipment is designed for a comprehensive full-body workout in your home gym. Its foldable, space-saving design and robust steel construction ensure stability and durability. This manual provides essential information for safe assembly, proper operation, routine maintenance, and troubleshooting.

Please read this manual thoroughly before assembly and use to ensure optimal performance and user safety. Keep this manual for future reference.

2. Safety Instructions

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Assembly:** Ensure all components are correctly assembled and tightened according to the instructions. Do not use the equipment if any parts are damaged or missing.
- **Placement:** Place the Power Tower on a flat, stable surface. Ensure adequate clear space around the equipment for safe exercise.
- **Weight Limit:** Do not exceed the maximum recommended user weight of 210 kg.
- **Inspection:** Regularly inspect the equipment for loose bolts, worn parts, or damage. Tighten all fasteners before each use. Replace any damaged components immediately.
- **Children and Pets:** Keep children and pets away from the equipment during use. This equipment is not a toy.
- **Proper Form:** Always use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Adjustments:** Ensure all adjustable parts are securely locked in place before beginning an exercise.



Figure 2.1: The robust steel structure ensures a maximum load capacity of 210 kg for safe workouts.

3. Package Contents

Verify that all the following components are included in your package:

- Pull-up Bar
- Dip Bars
- Back Support for Leg Raises
- All necessary assembly hardware (bolts, nuts, washers, tools)

If any components are missing or damaged, please contact customer support immediately.

4. Setup and Assembly

The DH FitLife Power Tower features an innovative foldable design for space-saving storage. Assembly typically requires two people for ease and safety.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Assemble Base Frame:** Connect the main base supports, ensuring all bolts are finger-tight initially.
3. **Attach Vertical Supports:** Secure the vertical uprights to the base frame.
4. **Install Pull-up Bar:** Mount the pull-up bar to the top of the vertical supports.
5. **Install Dip Bars and Backrest:** Attach the dip bars and the back support for leg raises to the designated positions. These components are often adjustable.
6. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Ensure all connections are secure.
7. **Stability Check:** Before first use, gently shake the assembled Power Tower to confirm its stability.



Figure 4.1: The Power Tower can be folded for compact storage, ideal for smaller spaces.

5. Operating Instructions

The DH FitLife Power Tower is designed for a variety of exercises. Always ensure the equipment is stable and adjustments are locked before use.

5.1 Adjusting Height

The pull-up bar and dip parallels are adjustable to 7 different height levels to accommodate various user statures and exercise preferences.

1. Locate the adjustment pins or knobs on the vertical supports for the pull-up bar and the dip station.
2. Pull out the adjustment pin or loosen the knob.
3. Carefully slide the component (pull-up bar or dip station) to the desired height.
4. Ensure the adjustment pin fully re-engages into the corresponding hole, or the knob is securely tightened. Verify the component is locked in place before use.



Figure 5.1: The Power Tower offers 7 levels of height adjustment for personalized workouts.

5.2 Performing Exercises

This Power Tower supports a range of exercises targeting different muscle groups:

- **Pull-ups:** Use the top bar for various grip pull-ups (wide, narrow, parallel, reverse) to target back and arm muscles.
- **Dips:** Utilize the dip parallels for triceps and chest exercises.
- **Leg Raises / Abdominal Exercises:** Use the integrated backrest and arm supports to perform leg raises and other core-strengthening exercises.
- **Push-ups:** The lower handles can be used for elevated push-ups, providing a deeper range of motion.



Figure 5.2: The multifunctional design allows for pull-ups, dips, and abdominal exercises.



Figure 5.3: Overview of the 'All-in-One' exercise stations: Pull-ups, Dips, and Leg Raises.

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.
- **Fastener Check:** Periodically check all bolts, nuts, and other fasteners. Tighten any that have become loose.
- **Component Inspection:** Inspect the frame, padding, and grips for any signs of wear, cracks, or damage. Replace worn parts promptly.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use for extended periods, store the Power Tower in a dry, cool place. Utilize its foldable design to save space.

7. Troubleshooting

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

- **Equipment Feels Unstable:**
  Solution: Ensure all bolts are securely tightened. Check that the equipment is placed on a flat, even surface. Adjust any leveling feet if present.
- **Squeaking Noises During Use:**
  Solution: Identify the source of the squeak. It is often caused by loose connections. Tighten all bolts in the affected area. A small amount of lubricant on pivot points may also help.
- **Adjustment Pin Does Not Engage:**
  Solution: Ensure the component is aligned correctly with the adjustment hole. Wiggle the component slightly while pushing the pin. Do not force the pin.
- **Damaged or Worn Parts:**
  Solution: Discontinue use immediately. Contact DH FitLife customer support for replacement parts.

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

8. Specifications

Feature	Detail
Brand	DH FitLife
Model Number	YTJ05-A
Color	Black – Premium with Backrest
Maximum Recommended Weight	210 Kilograms
Mounting Type	Stable Triangular Support Structure
Material	Alloy Steel
Item Dimensions (W x H)	115 cm x 218 cm (max height)
Item Weight	25 Kilograms
Included Components	Pull-up Bar, Dip Bars, Back Support for Leg Raises
Special Features	Multiple Grip Positions, Adjustable Height
Country of Origin	China
EU Spare Parts Availability Duration	2 Years

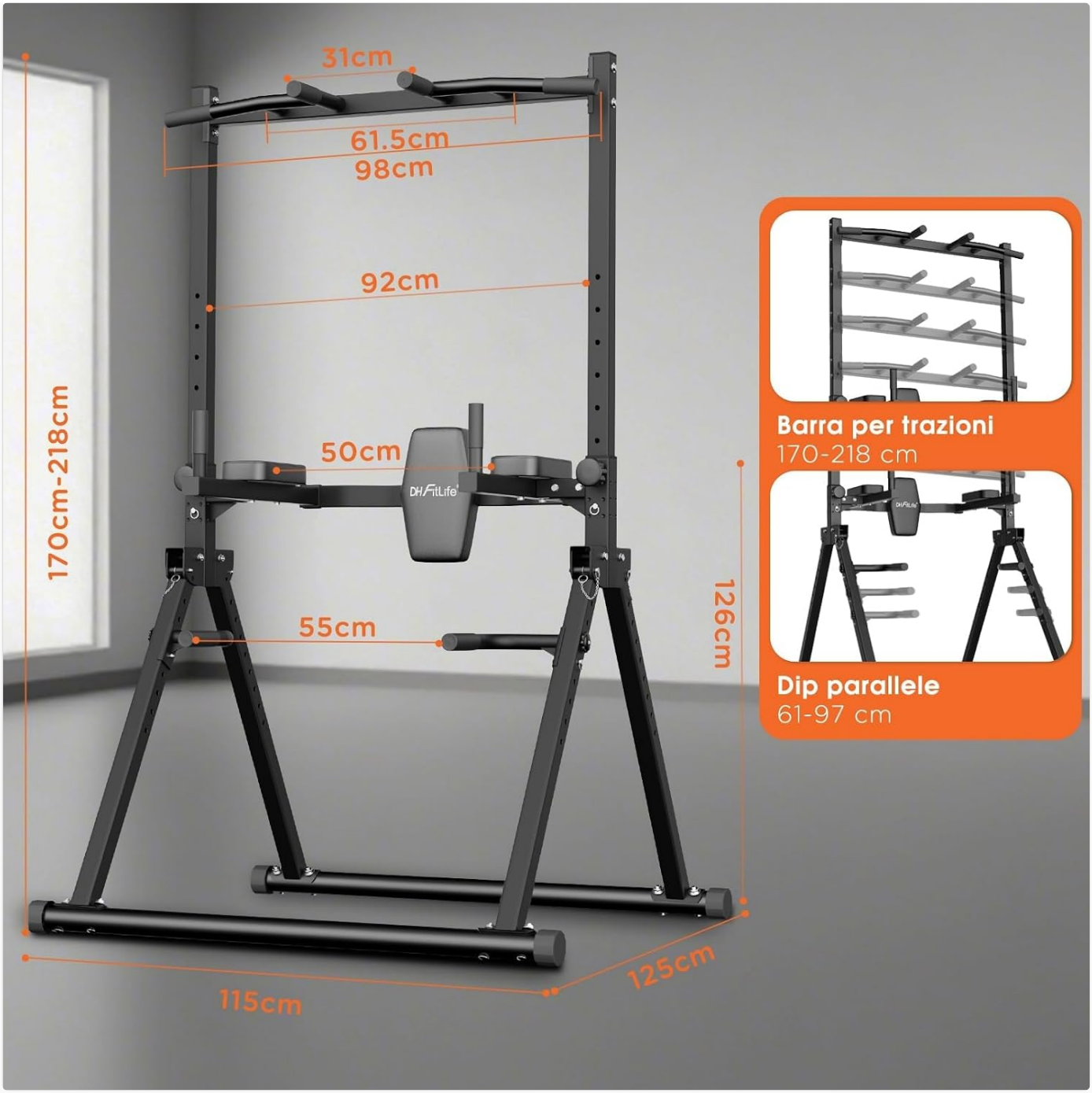


Figure 8.1: Detailed dimensions of the Power Tower in its unfolded state.

9. Warranty and Support

DH FitLife is a German brand committed to customer satisfaction. We offer a 30-day return policy from the date of receipt.

For any questions, issues, or to request replacement parts, please contact DH FitLife customer support. Our team is based in Hamburg and is ready to assist you.

You can find contact information on the official DH FitLife website or through your purchase platform.

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