

DONOW DN-08

DONOW Dip Handle for DN-DS938N, DN-DS938B, DN-DS938T Smith Machines - Instruction Manual

Model: DN-08

INTRODUCTION

This instruction manual provides essential information for the safe and effective use of your DONOW Dip Handle, specifically designed for compatibility with DN-DS938N, DN-DS938B, and DN-DS938T Smith Machines. Please read this manual thoroughly before installation and operation to ensure proper function and user safety.

PRODUCT OVERVIEW

The DONOW Dip Handle (Model DN-08) is an accessory crafted from durable alloy steel, designed to integrate seamlessly with specific DONOW Smith Machine models. It provides a stable and secure platform for performing dip exercises, enhancing the versatility of your existing fitness equipment.

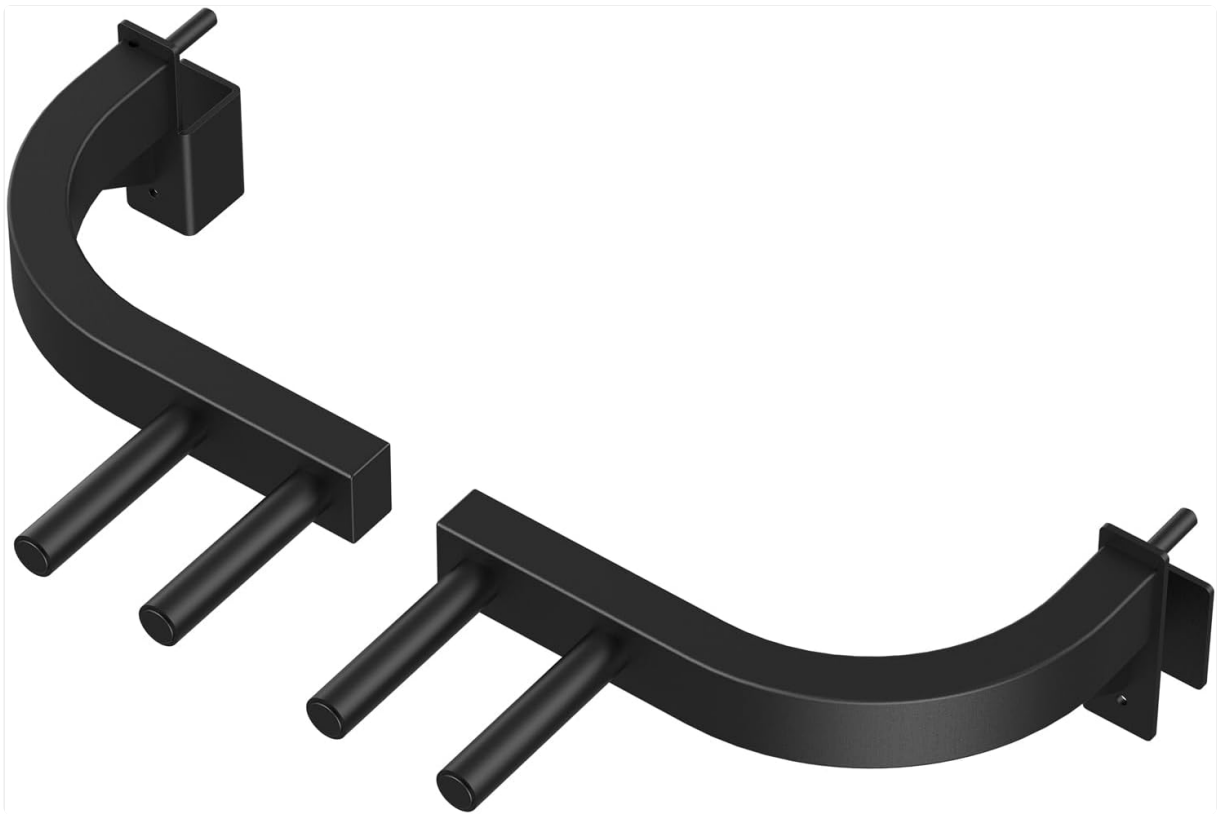


Figure 1: DONOW Dip Handle.

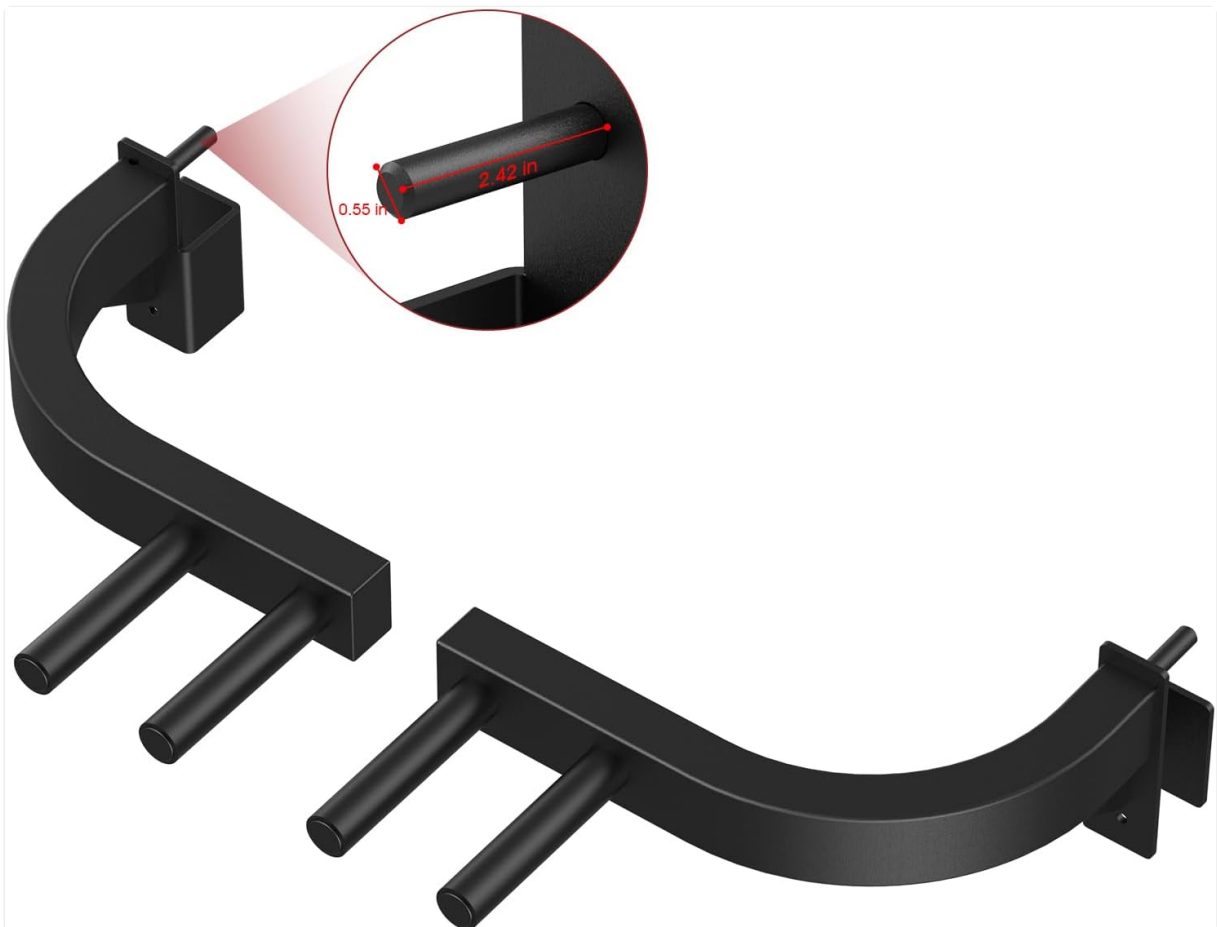


Figure 2: Key dimensions of the DONOW Dip Handle, showing a pin diameter of 0.55 inches and a handle length of 2.42 inches.

COMPATIBILITY

This Dip Handle is exclusively compatible with the following DONOW Smith Machine models:

- DN-DS938N
- DN-DS938B
- DN-DS938T

Ensure your Smith Machine model matches one of the listed compatible models before attempting installation.

SETUP AND INSTALLATION

The Dip Handle is designed for straightforward installation onto compatible DONOW Smith Machines.

1. **Unpack Components:** Carefully remove all parts from the packaging and verify that all components are present and undamaged.
2. **Identify Mounting Points:** Locate the designated mounting points on your Smith Machine's uprights. These are typically pre-drilled holes designed to accommodate accessories.
3. **Insert Dip Handle:** Align the Dip Handle's attachment pins with the desired height holes on the Smith Machine uprights.
4. **Secure in Place:** Push the Dip Handle firmly into the holes until it is fully seated and stable. Ensure any locking mechanisms (if present on your Smith Machine) are engaged.
5. **Test Stability:** Before use, gently apply pressure to the Dip Handle to confirm it is securely attached and does not wobble.

For a visual guide on Smith Machine assembly, which includes similar attachment processes, please refer to the video below.

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Video 1: General assembly process for a DONOW Smith Machine, demonstrating how accessories are attached.

OPERATING INSTRUCTIONS

Once the Dip Handle is securely installed, it can be used for various exercises.

1. **Dips:** Stand between the handles, grip them firmly, and lift your feet off the ground. Lower your body by bending your elbows until your shoulders are below your elbows, then push back up to the starting position.
2. **Leg Raises:** Face away from the handles, grip them, and hang with your legs extended. Raise your legs towards your chest, keeping them straight or slightly bent, then slowly lower them.
3. **Assisted Exercises:** The Dip Handle can also be used for assisted exercises with resistance bands or other aids, depending on your fitness level.

Always ensure proper form and control during exercises. Consult a fitness professional for guidance on exercise techniques.

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Video 2: Demonstrations of various exercises possible with a Smith Machine, including potential uses for dip handles.

MAINTENANCE

- **Regular Cleaning:** Wipe down the Dip Handle with a damp cloth after each use to remove sweat and dirt. Use a mild, non-abrasive cleaner if necessary.
- **Inspect for Wear:** Periodically check the Dip Handle for any signs of wear, damage, or loose connections. Pay close attention to the attachment points and handle grips.
- **Tighten Fasteners:** Ensure all bolts and fasteners are tight. Do not overtighten.
- **Storage:** If removing the Dip Handle for storage, keep it in a dry, clean place away from extreme temperatures.

TROUBLESHOOTING

- **Handle Wobbles:** If the Dip Handle feels unstable, ensure it is fully inserted into the Smith Machine's uprights and any locking pins or mechanisms are engaged. Check for any obstructions in the mounting holes.
- **Difficulty Inserting:** If the handle is difficult to insert, ensure the mounting holes are clear of debris. Do not force the handle; verify compatibility with your specific Smith Machine model.
- **Unusual Noises:** If you hear any unusual noises during use, immediately stop exercising and inspect the Dip Handle and Smith Machine for loose parts or damage.

SPECIFICATIONS

Feature	Detail
Brand	DONOW
Model Name	DN-08
Material	Alloy Steel
Color	Black
Suggested Users	Unisex-adult
Manufacturer	DOMINO INTERNATIONAL TRADE INC

WARRANTY

This DONOW Dip Handle comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, please contact DONOW customer support.

SUPPORT

For further assistance, technical support, or to inquire about replacement parts, please visit the official DONOW website or contact their customer service department.

Manufacturer: DOMINO INTERNATIONAL TRADE INC

Brand Store: [Visit the DONOW Store on Amazon](#)

