

SPECIFICATIONS

Product Name	YESOUL Dip Stands PDP1
Product Model	YS-PDP1
Item No.	PDP1
Net Weight	61.7 Pounds
Gross Weight	66 Pounds
Maximum Weight Capacity	330 Pounds
Carton Size	53 x 5 x 21 inches
Product Size	49 x 28 x 84.6 inches

INTRODUCTION

Thank you for choosing our products. Please read this user manual carefully and keep it in a safe place for future reference.

IMPORTANT SAFETY PRECAUTIONS

Before you undertake any exercise program, please be sure to consult your physician. Excessive or incorrect training may result in serious injuries. Please read this manual carefully before commencing the assembly of your product or starting to use the product.

- Please read and understand all instructions & warnings stated in the User's Manual before use.
- Make sure your equipment is correctly assembled before you use it.
- Be sure all screws, nuts, and bolts are tightened prior to use.
- Always ensure that your product is positioned on a solid, hard-fat surface before use.
- Always use this equipment on a clear and level surface. Do not use outdoors or near water.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Keep hands and feet away from any moving parts. Do not insert any object into any openings.
- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- Wait at least 2 hours before using the exercise equipment after eating. If you get nauseous, stop exercising immediately.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners.
- Do not place on a smooth surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.

It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

WARNING: Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy

- Spinal injury, cerebral sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, hypertension, recent stroke or transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hilus hernia or ventral hernia
- Bone weaknesses including osteoporosis, unhealed fractures, modular pins, or surgically implanted orthopedic supports
- Use of anti-coagulants including aspirin in high doses

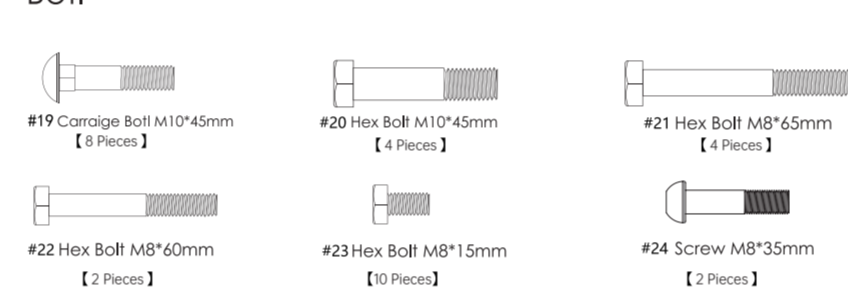
Weight Limit
Do not exceed the maximum rated weight (330 pounds / 150kg).

PARTS LIST

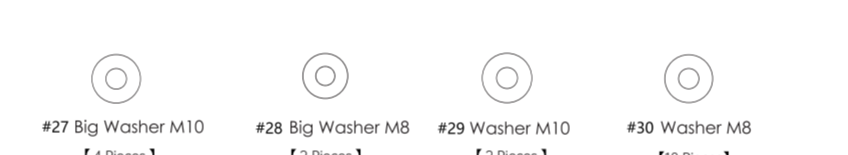
No.	Description	Qty	No.	Description	Qty
01	Base Stabilizer	2	17	Handgrip Φ25	8
02	Left Upright	2	18	Knob M10*30mm	2
03	Right Upright	1	19	Carriage Bolt M10*45mm	8
04	Bottom Crossbar	1	20	Hex Bolt M10*45mm	4
05	Backrest frame	1	21	Hex Bolt M8*45mm	4
06	Upright	1	22	Hex Bolt M8*60mm	2
07	Push Up Bar	2	23	Hex Bolt M8*15mm	12
08	Left Handlebar	1	24	Screw M8*35mm	2
09	Right Handlebar	1	25	Nylon Nut M10	12
10	Push Up Bar	1	26	Nylon Nut M8	2
11	Backrest	2	27	Big Washer M10	4
12	Arm Curt	1	28	Big Washer M8	2
13	Foam Grip	2	29	Washer M10	12
14	End Caps Φ30*70	2	30	Washer M8	18
15	End Caps	4	31	Hex Bolt M8*25mm	2
16	Sleeve	2			

PARTS DETAILS

Bolt



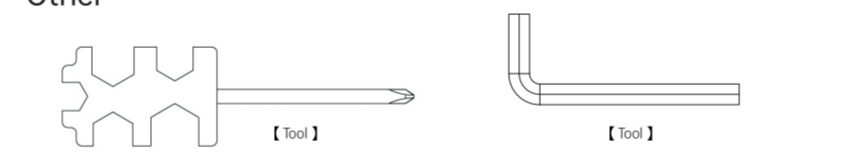
Washer



Nut



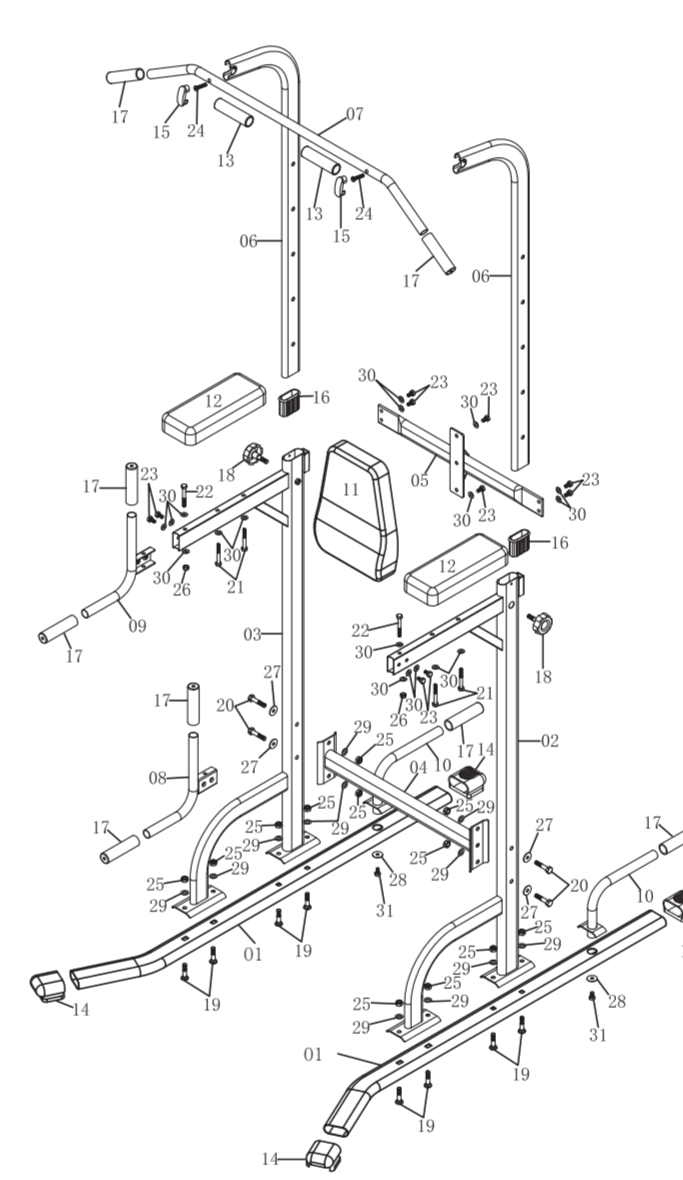
Other



Attentions:

- Some of these parts are already pre-installed.
- Do not tighten all the nuts onto the bolts securely before you have completed assembly of your product.

EXPLODED DIAGRAM



ASSEMBLY

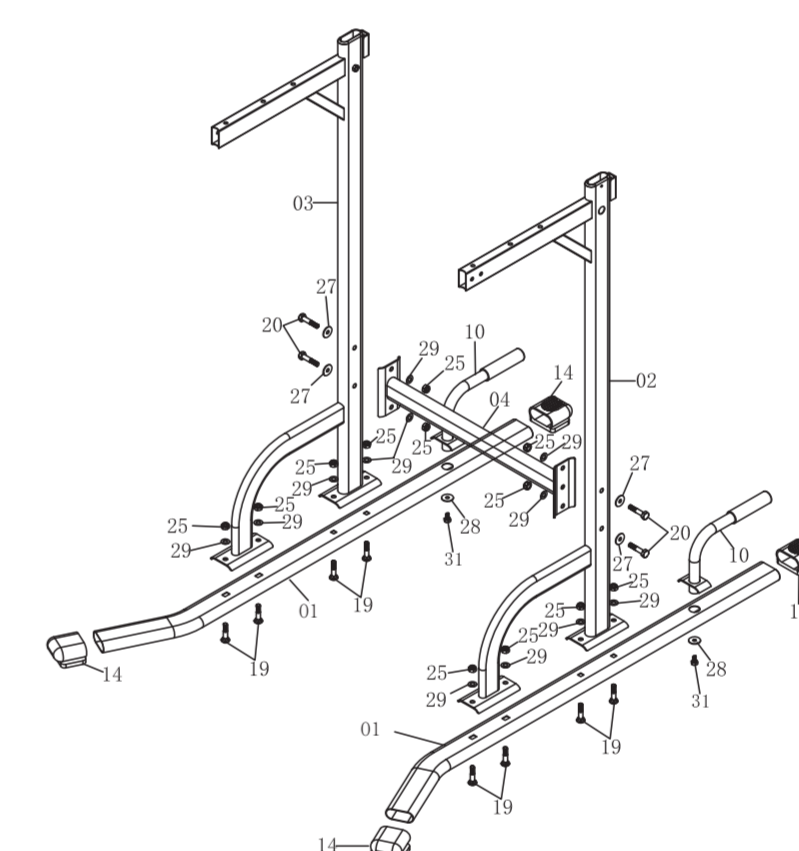
Step 1

Slide 4 End Caps (14) to the end of the Base Stabilizers (01).

Attach 2 Push Up Bars to Base Stabilizers (01) using 2 Hex Bolts (31) and 2 Big Washers (28).

Attach Left Upright (02) to Base Stabilizer (01) using 4 Carriage Bolt (19), 4 Washers (29) and 4 Nylon Nuts (25). Repeat this process on the opposite side with the Right Upright (03).

Attach the Bottom Crossbar (04) to Left/Right Upright (02/03), using 4 Hex Bolts (20) and 4 Big Washers (27).

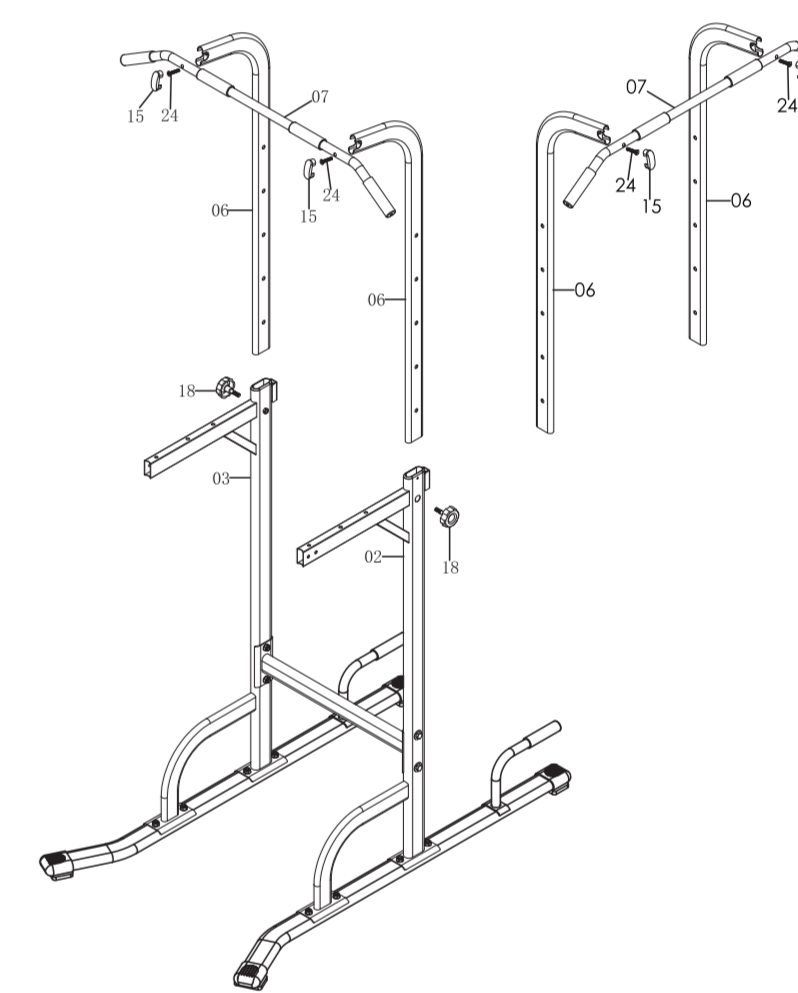


Step 2

Attach Pull Up Bar (07) to Upright (06) using 2 Screws (24), then securing them, Slide two End Caps (15) on top of the assembly.

Insert the Upright (04) into the Left/Right Upright (02/03), securing it with 2 Knobs (18).

Note: The dip bar can be installed to face the opposite direction for your choice.

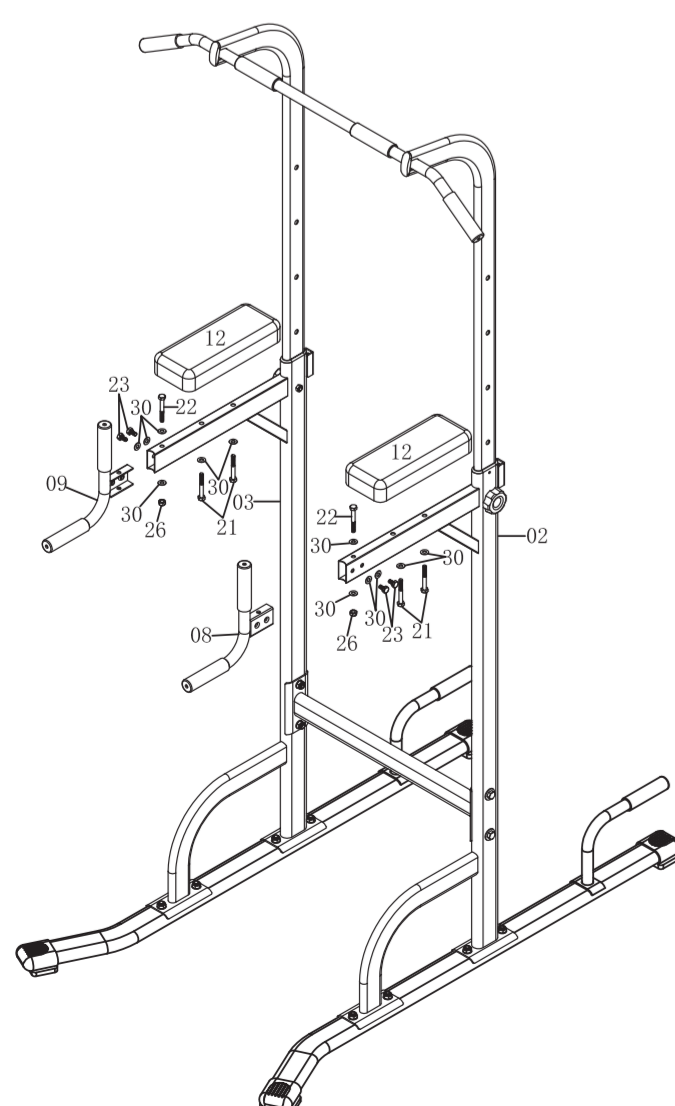


Step 3

Attach the Arm Curt (12) to Left Upright (02) using 2 Hex Bolts (21) and 2 Washers (30).

Insert the Left Handlebar (08) to Left Upright (02) using a Hex Bolt (22), 2 Washers (30) and a Nylon Nut (26) from above. Using 2 Hex Bolts (23) and 2 Washers (30) from the side.

Repeat this process on the opposite side with the Right Upright (03).

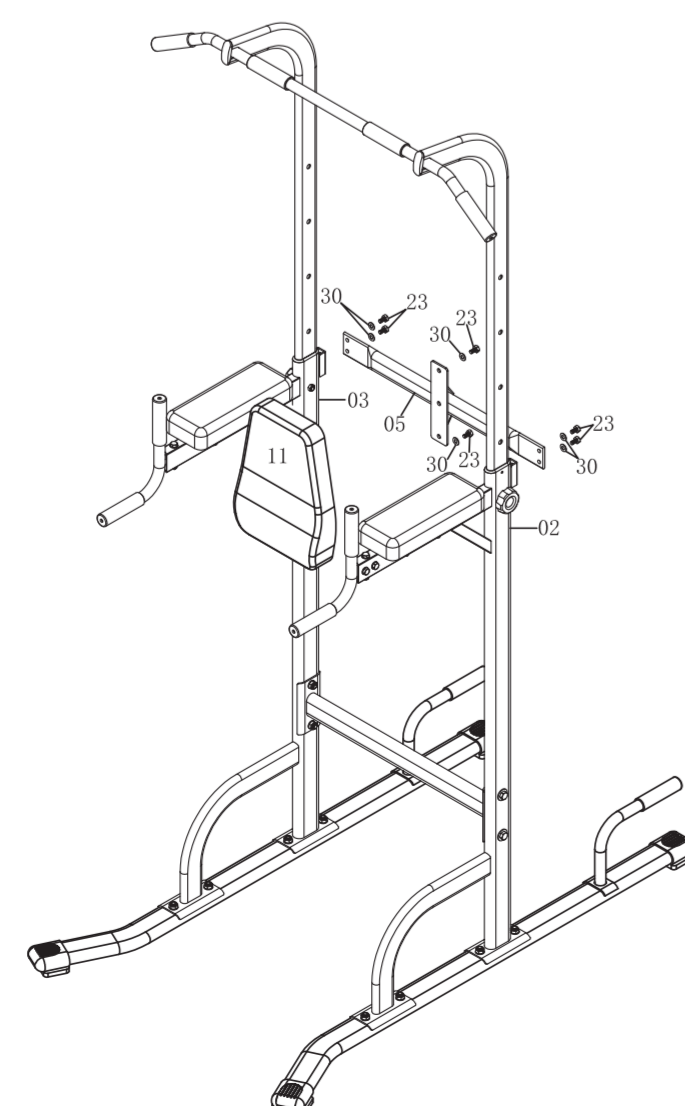


Step 4

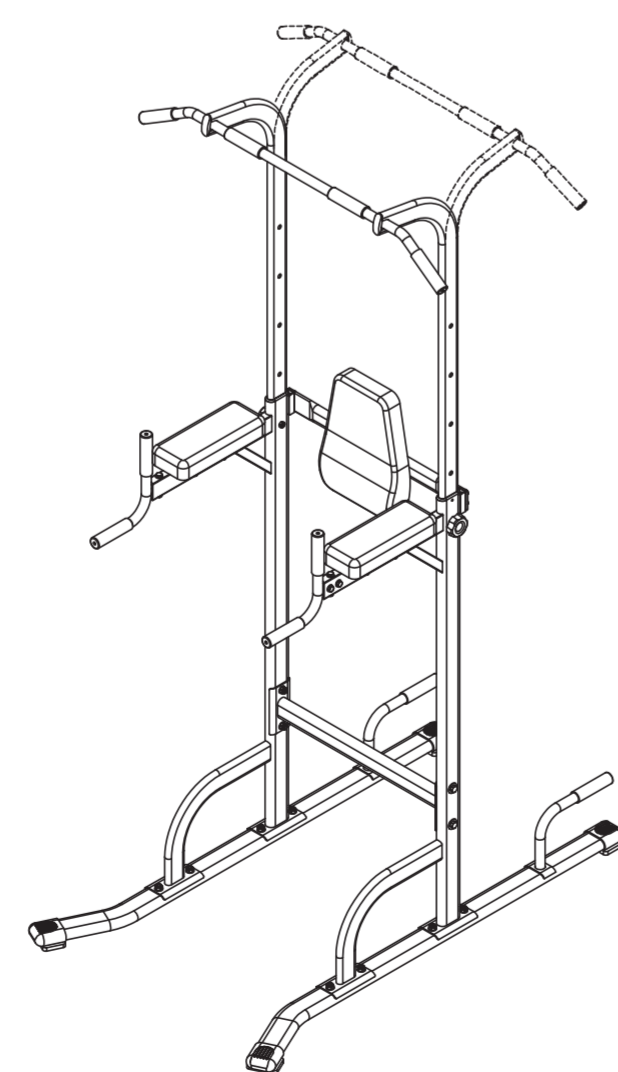
Attach the Backrest Frame (05) to Left Upright (02) and Right Upright (03) using 4 Hex Bolts (23) and 4 Washers (30).

Attach the Backrest (11) to Backrest Frame (05) using 2 Hex Bolts (23) and 2 Washers (30).

Note: The Backrest can be assembled to face the opposite direction for your choice.



Assembly Complete. Please Check To Make Sure The Screws Are Tightened Before Use.



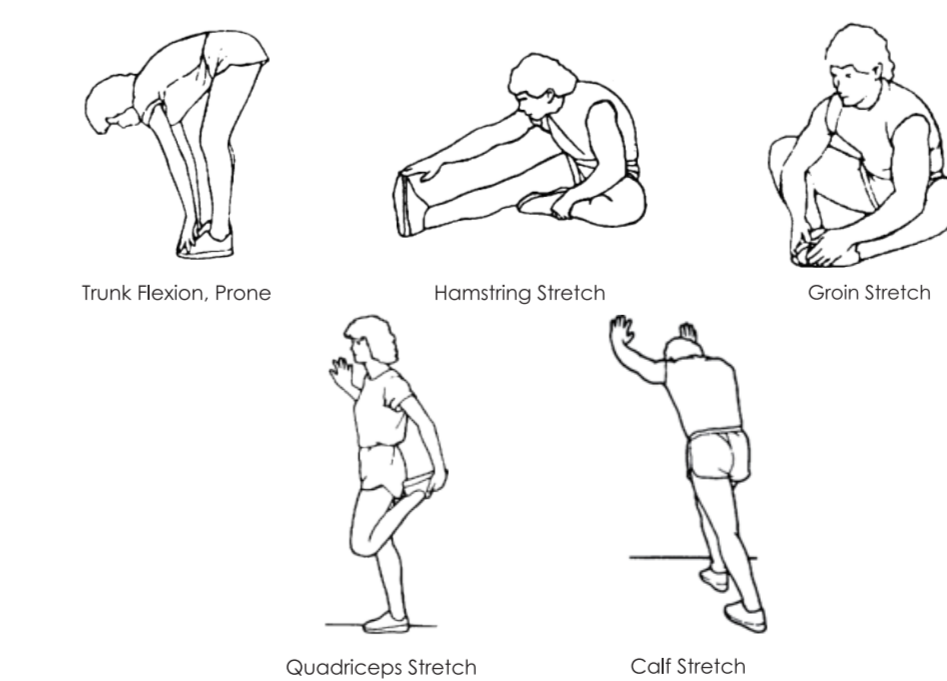
ADJUSTMENT

Adjust the height by loosening and pulling the automatic lock.



EXERCISE

Warm-up: Please warm-up for 5-10 minutes every time before you use this machine.
Stretching: Please stretch before and after training. Examples as below.
Breathing: Please do not hold your breath when exercising. And please slow down if you feel like you can't catch your breath.
Intensity: Please exercise according to your own physical capacity and increase the intensity gradually. It is normal if you feel muscular soreness after use.
Relax: Please do relax for 5 minutes after exercising in case of muscular tone, and keep muscle elasticity.
Diet: Please wait at least one hour after meal before using this product. Do not drink too much water when exercising.



OPERATIONAL INSTRUCTIONS

Images are for reference only. Actual product may be different. Accessories not included.



TROUBLESHOOTING

Issues	Reason	Solutions
Screws can not be tightened.	1. Screws were turned in the wrong directions. 2. Did not use screw driver. 3. Screws were not pointed toward the holes.	1. Align the screw with screw-hole, and start screwing in clockwise direction. 2. Use appropriate screw driver tip.
Can't find any hardware.	Might be hidden inside or behind a packaging.	Please check the parts before unpacking, do not throw away the packaging before the machine is fully assembled.
Weird sound / unstable.	1. Assemble failure caused by incorrect assembly sequence. 2. Might be screws unlightened.	1. Please refer to the User's Manual to ensure safe and correct assembly. 2. Re-tighten the screws.

PRODUCT MAINTENANCE

The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user / owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately and stop using the equipment until the repair is made.

- Wipe machine regularly to prevent accumulation of dust.
- Use a damp cloth on plastic parts only, use dry cloth on metal frames.
- Wipe down all upholstery with a damp cloth as needed.
- Avoid acid chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.
- Check regularly to ensure all parts are tight and in working condition. If a part is damaged, please do not use until the repair's been made.