



# WALL MOUNT DIP & VERTICAL KNEE RAISE STATION ASSEMBLY INSTRUCTIONS

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Ultimate Body Press  
16 Avenue A,  
Leetsdale, PA 15056-1304

Email:  
support@ultimatebodypress.com

USA Tech Support:  
877-734-7227  
(M-F 9am-5pm EST)

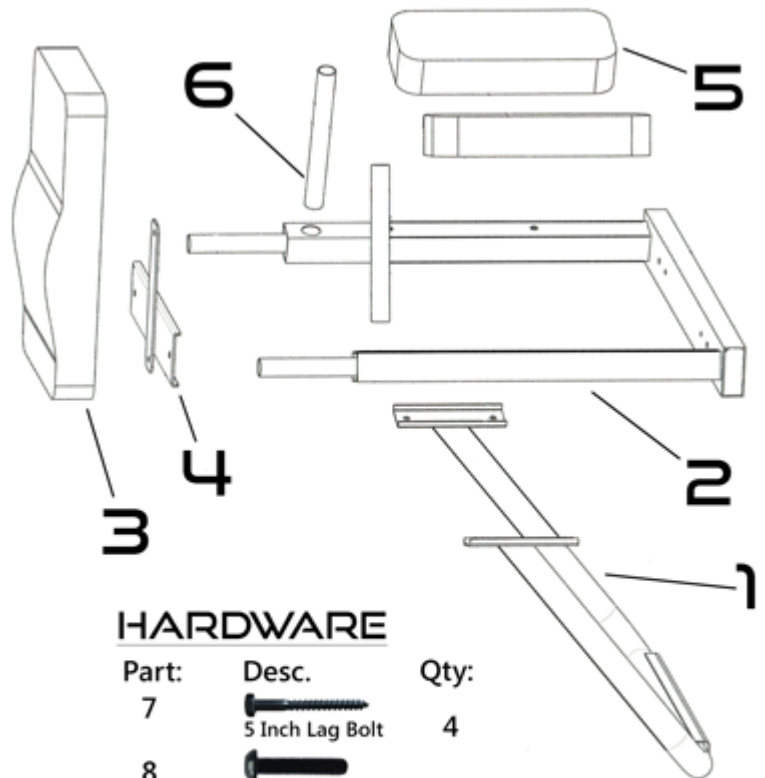
**FOR YOUR SAFETY:** This Dip Station is designed to be mounted to wood frame walls with solid wood studs measuring 16 inches apart on center. This Dip Station should not be mounted to drywall alone. It is the users responsibility to choose a secure location and properly install the Dip Station using the instructions provided. Tighten all bolts and carefully examine your installation to ensure that the Dip Station is securely fastened in place before attempting use.

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this machine, discontinue use and consult your physician immediately.

## DSVKR – WALL MOUNT DIP STATION / VERTICAL KNEE RAISE STATION

### PARTS LIST

1. Support Bracket
2. Dip Station Bracket
3. Backrest
4. Backrest Mounting Bracket
5. Armrests
6. Vertical Hand Grips
7. Lag Bolt
8. Large Allen Bolt
9. Small Allen Bolt
10. Large Flat Washer
11. Small Flat Washer
12. Allen Wrench



### TOOLS REQUIRED

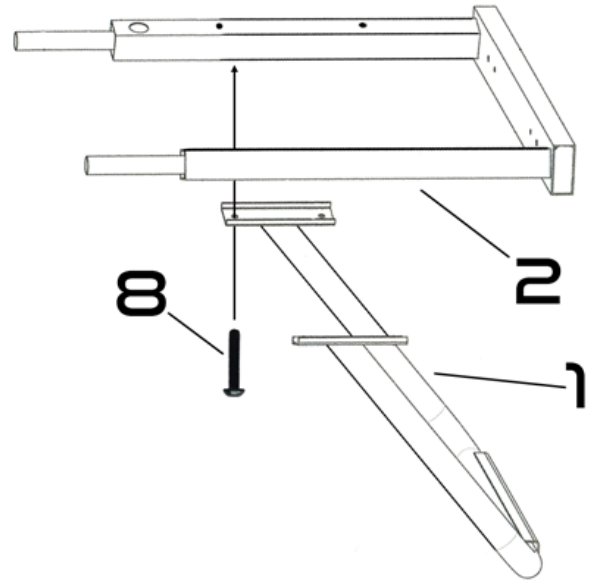
- 5/16 in. Drill Bit
- Socket Drive Adapter for Power Drill (Recommended)
- 17mm Socket Wrench
- 17mm Open Socket

### HARDWARE

Part:	Desc.	Qty:
7	5 Inch Lag Bolt	4
8	Large Allen Bolt	4
9	Small Allen Bolt	10
10	Large Washer	4
11	Small Washer	14

## Constructing the Main Assembly

Attach the Support Bracket (Part #1) to the Dip Station Bracket (Part #2) using 4 Small Allen Bolts and 4 Small Washers. These two pieces together form the Dip Station Assembly.



### Attaching the Dip Station Assembly to Wall

1. Find two studs measuring 16 inches apart on center using a stud finder or the hammer technique. If you are unsure how to find the studs, there are many videos online that illustrate both techniques.
2. Mark the location of the center of each stud.
3. Set the Dip Station Assembly Height:
  - a. For most individuals, the Dip Station Bracket (Part #2) needs to be mounted between 4 and 5 feet off the floor. This will allow enough clearance for your feet to hang off the ground during dips and knee raises. To get the exact height for your needs, the mount holes of the Dip Station Bracket (Part #2) should be placed at mid-chest height. If multiple individuals are using this dip station, choose the mounting height for the tallest user. Too high is better than too low.
  - b. Measure the distance from the floor to your mid-chest and note it below.
  - c. NOTE YOUR SPECIFIC MOUNTING HEIGHT HERE \_\_\_\_\_
4. The Dip Station Assembly is mounted to the wall using the 4 Lag bolts and 4 Large Washers.
5. Facing the wall and using the stud on the left side, mark the location of the first pilot hole using the predetermined height noted above.
6. Pre-drill the first pilot hole to a depth of 3 inches using a 5/16 inch bit.
 

**For an easier, more secure installation and to avoid damage to studs and hardware make sure your 5/16 inch drill bit length, when installed on the power drill, is at least 3 inches.**
7. Insert the first Lag Bolt and Large Washer to the left side mount hole of the back plate of the Dip Station Assembly.
8. Hold the Assembly vertically in your left hand or over your left shoulder. Insert the Lag Bolt into the pilot hole and, using a power drill and socket drive adapter, tighten the Lag Bolt about half way so that the assembly can be rotated to a horizontal position.



### **Attaching Main Assembly to Wall (cont.)**

9. You will now use the assembly as a template to locate and mark the remaining three pilot holes.
  - a. Rotate the assembly to a horizontal position.
  - b. Place a level on top of the back plate.
  - c. Ensure that the assembly is level and, using a pencil, mark the position of the remaining three pilot holes. Verify that all holes are centered over studs.
10. Rotate the assembly out of the way and pre-drill the remaining three pilot holes.
11. Rotate the assembly back into place. Insert the remaining Lag Bolts and Large Washers into the pilot holes and tighten each Lag Bolt about half way. Do not completely tighten the bolts until all four bolts have been started. Then tighten all Lag Bolts.
12. Pat yourself on the back. You have successfully mounted the Dip Station Assembly to the wall.

### **Attaching Backrest, Armrests and Grips to Main Assembly**

1. Locate the Backrest (Part #3) and Backrest Mounting Bracket (Part #4). Note that both pieces have a top and a bottom and need to be oriented correctly for proper assembly. Attach the Backrest to the Mounting Plate using two Small Allen Bolts and Small Washers. Before tightening, verify that the Horizontal Channel Plate is approximately 3 1/2 inches from the lower edge of the Backrest. If the Horizontal Channel Plate appears centered on the backrest, reattach as shown before attempting to mount the Backrest to the Dip Station Assembly.
2. Mount the Backrest and Horizontal Channel Plate Assembly to the back plate of the Dip Station Assembly using two Small Allen Bolts and Small Washers. Verify that the thicker lumber support area of the backrest is closest to the floor.
3. Locate the two Armrests (Part #5). You will notice a seam on one end of the Armrests. The seams should face the wall so they are out of view when the Armrests are attached to the Dip Station Assembly.
4. Attach the two Armrests to the Dip Station Assembly using 4 Large Allen bolts and 4 Small Washers.
5. Locate the Vertical Hand Grips (Part #6). Insert them into the 1-inch holes in front of the Armrests. Attach the Grips using 2 Small Allen bolts and 2 Small Washers.
6. Carefully examine your installation to ensure that all bolts are tightened and that the dip station is securely fastened to the wall.

