



DIP BAR FITNESS STATION ASSEMBLY INSTRUCTIONS

CUSTOMER SERVICE / SATISFACTION GUARANTEE

Our passion is providing high quality affordable fitness equipment that lets you get the most from your workouts every day. We are proud to serve your gym needs and want to exceed your expectations for customer service. Satisfaction is guaranteed, please contact us if you need any assistance:

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: 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.

VIDEO SET-UP GUIDE: www.ultimatebodypress.com/dip-station-set-up-guide.html

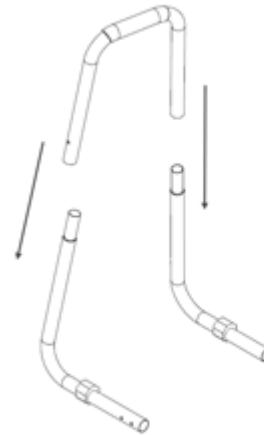
1

ALIGN COLORED
DOTS TO ATTACH
PADDED U-SHAPED
HANDLE TO LEGS



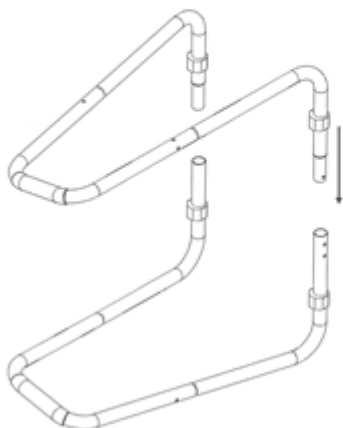
2

REPEAT FOR THE
SECOND HANDLE



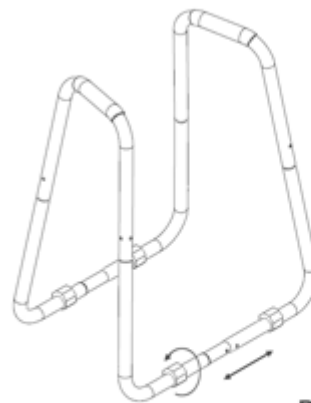
3

TIP ONE
HANDLE OVER
ALIGN DOTS
TO COMPLETE
ASSEMBLY



4

ADJUST
WIDTH
ROTATE FEET
TO LEVEL STAND 



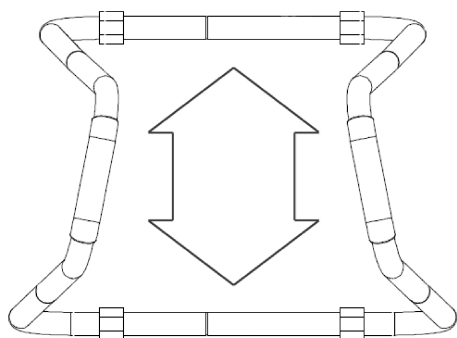
FIND MORE TIPS AND HELP IN THE TROUBLE SHOOTING GUIDE

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Exercise Guide

DIP STATION ORIENTATION

CHEST DIPS



TRICEP DIPS

CHEST DIPS

START WITH ARMS STRAIGHT
LIFT FEET AND CROSS ANKLES
LEAN FORWARD
BEND ELBOWS TO 90 DEGREE
RETURN TO START POSITION

ASSISTED VARIATION:
LEAVE ONE OR BOTH FEET ON
FLOOR TO COMPLETE FULL SETS



TRICEP DIPS

START WITH ARMS STRAIGHT
LIFT FEET AND CROSS ANKLES
KEEP TORSO VERTICAL WITH
ELBOWS CLOSE TO BODY
BEND ELBOWS TO 90 DEGREE
RETURN TO START POSITION

ASSISTED VARIATION:
LEAVE ONE OR BOTH FEET ON
FLOOR TO COMPLETE FULL SETS



ROWS

SQUAT OR SIT IN FRONT OF DIP STATION
GRIP HANDLES, POSITION KNEES AT 90 DEGREE
DRAW SHOULDER BLADES TOGETHER
KEEP TORSO STRAIGHT
PULL ELBOWS TO 90 DEGREE
RETURN TO START POSITION

INCREASE DIFFICULTY:
STRAIGHTEN LEGS
AND USE FULL BODY
PLANK



KNEE RAISE

START WITH ARMS STRAIGHT
KEEP LEGS TOGETHER AND
LIFT KNEES TOWARD CHEST
SLOWLY LOWER TO START POSITION
KEEP FEET OFF FLOOR FOR ALL REPS



STRAIGHT LEG RAISE

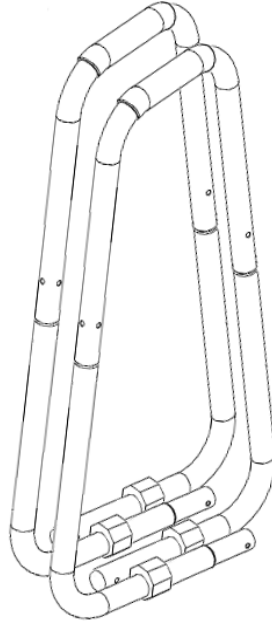
START WITH ARMS STRAIGHT
KEEP LEGS TOGETHER AND
LIFT TO 90 DEGREE
SLOWLY LOWER TO START
POSITION
KEEP FEET OFF FLOOR FOR ALL
REPS



Tips and Trouble Shooting

Storage or Transport

- Tip the Dip Station over on it's side
- Depress the front and rear locking tabs located between each set of rubber feet and evenly pull the two dip station halves apart.
- Depress the upper locking tabs and fold legs in toward one another until they lock with a click



Difficult / Kinked Assembly

To prevent kinking or jamming during the assembly of the two halves (Assembly Step #3), be sure to insert both bar end sections at the same time and guide them together evenly until both lock into place with a click.

If problems persist, apply a light amount of lubricant to both the tapered ends of the tubing.

If you encounter difficulty assembling the two halves, please contact customer service for assistance:

877-734-7227

support@ultimatebodypress.com

Difficult Disassembly

To prevent kinking or jamming the tubes be sure to separate the two cross bar sections evenly.

If a connection does become jammed, try rocking or swiveling the pieces to free them.

Typically, it becomes easier to separate the bar sections after a few uses.

Contact customer service for assistance:

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Stability During Use and Leveling

The Dip Station can be used on hard or carpeted surfaces. Very minor play in the assembly is normal and the Dip Station stabilizes under weight while in use.

Stability can be further enhanced by leveling the Dip Station. Simply rotate the rubber feet to increase or decrease height at each of the four corners.

Each foot has 8 different height positions.

