



DIP STATION

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Dip Station. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Dip Station discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Dip Station. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

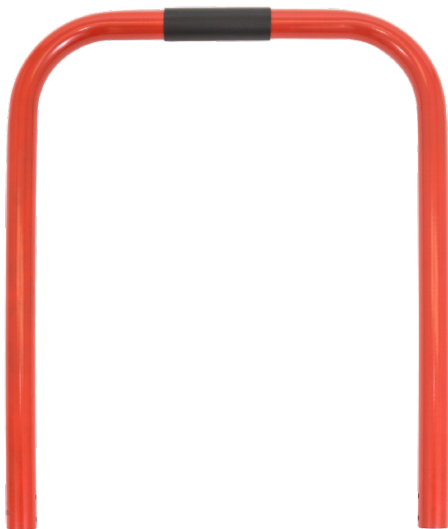
- 1.** Only use the Dip Station as intended and directed for exercise.
- 2.** Always maintain correct form and use caution when using the Dip Station. Begin each exercise slowly and with control to learn proper form, balance, and coordination.
- 3.** It is advised to always use the safety connector when first starting to use the Dip Station until you have established the proper form and balance. You can also “self-spot” by keeping your feet on the ground for most exercises.
- 4.** The Dip Station is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN** or any individual who may require supervision.
- 5.** See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.

Care Instructions

To clean the Dip Station, wipe down with disinfectant wipes after use. You may also wipe down with a soft cloth using a water and mild detergent solution.

ASSEMBLY INSTRUCTIONS

PARTS LIST



U-BAR x 2 pieces



Front Foot x 2 pieces



Rear Foot x 2 pieces



Bolt & Washer
x 8 pieces



Adjustment Knob
x 2 pieces



Safety Connector x 1 piece

TOOLS REQUIRED:



Allen Wrench x 1 piece



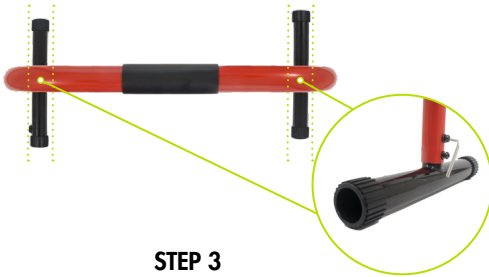
STEP 1

Remove packaging material.
Unscrew bolts and washers.



STEP 2

Slide the front and rear feet
into the U-Bar.



STEP 3

Make sure the front and rear feet are
parallel to each other. Then make sure to
tighten up the bolts with washers using the
Allen wrench provided.



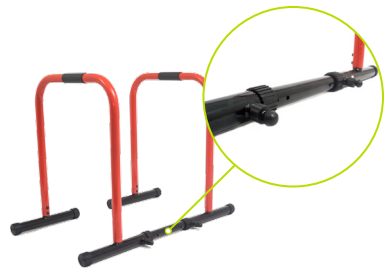
STEP 4

Repeat Steps 1, 2, and 3 for the
other U-Bar.



STEP 5

Insert safety connector into both rear feet
and choose your desired length which
suits you best.



STEP 6

Then screw in the adjustment
knobs and secure it.

EXERCISE GUIDE

PUSH-UPS



- 1.** Position the dip station bars so they are either shoulder distance apart (for a triceps focus), or wider than shoulder distance (for a chest focus).
- 2.** Grip the bars with your hands near the ends of the bars and extend legs behind you with just your feet touching the floor. Make sure your core is engaged and body forms one straight line.
- 3.** Inhale and slowly lower your body toward the bars, then exhale and press back up to the starting position.
- 4.** Repeat until you can't perform another repetition.

INVERTED ROWS



- 1.** Position the dip station bars so they are approximately shoulder-distance or slightly wider apart.
- 2.** Sit on the ground in between the two bars with hands on the padded grips, and feet extended out in front of you.
- 3.** Lift your hips up off the ground and press through your heels until body forms a straight line.
- 4.** Pull body up toward the bars until you can't go any further, then slowly lower back down to the start position. You can also bend your knees and press up through flat feet to make this easier.
- 5.** Repeat until you can't perform another repetition.

TRICEP DIPS



- 1.** Position the dip station bars so they are approximately shoulder-distance apart.
- 2.** Step in between the two bars and place hands on the padded grips. Press yourself up until arms are straight and lift legs off of the floor with bent knees.
- 3.** Inhale and slowly lower your upper body down while maintaining an upright torso. Make sure to keep elbows in close by your body. Lower until arms are bent at a 90-degree angle.
- 4.** Exhale as you press back up to the starting position and repeat until you can't perform another repetition.

L-SITS



- 1.** Position the dip station bars so they are approximately shoulder-distance apart.
- 2.** Step in between the two bars and place hands on the padded grips. Press yourself up until arms are locked out.
- 3.** Squeeze your legs together, then slowly raise straight legs up to hip height and shift weight back if needed to make sure that shoulders are stacked on top of wrists.
- 4.** Hold as long as you can, then lower yourself back to the floor.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

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