



POWER DIP STATION
Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Power 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 Power Dip Station discontinue use and consult your physician.

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

Use & Safety Instructions

- 1.** Only use the Power Dip Station as intended and directed for exercise.
- 2.** Always maintain correct form and use caution when using the Power Dip Station. Begin each exercise slowly and with control to learn proper form, balance, and coordination.
- 3.** The Power Dip Station is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN** or any individual who may require supervision.
- 4.** See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.

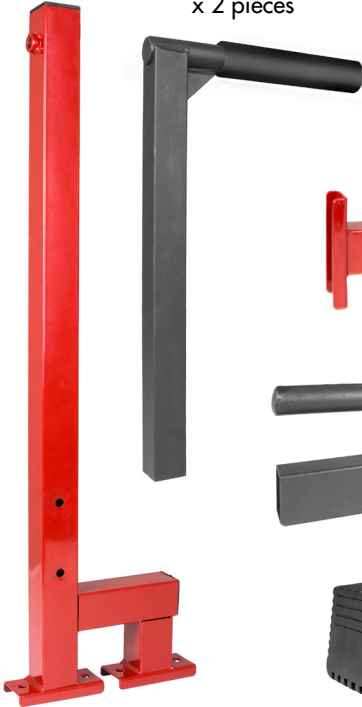
Care & Storage Instructions

- 1.** To clean the Power Dip Station, wipe down with disinfectant wipes after use. You may also use a damp cloth with mild detergent.
- 2.** Store in a cool, dry place away from moisture, heat, and direct sunlight.

ASSEMBLY INVENTORY

HANDLE BAR

x 2 pieces



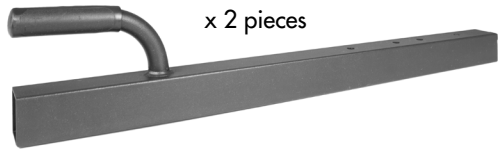
CONNECTING RAIL

x 1 piece



BASE

x 2 pieces



HOLDER

x 2 pieces



RUBBER CAP

x 4 pieces



ADJUSTABLE KNOB

x 2 pieces



SCREW

x 12 pieces



NUT/THICK WASHER/THIN WASHER

x 12 pieces each



DOUBLE OPEN-END WRENCH x 2 pieces

ASSEMBLY INSTRUCTIONS

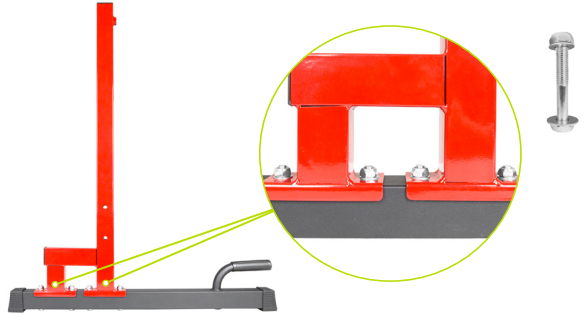
STEP 1

Slide two rubber caps into each base with the longest side on the bottom.



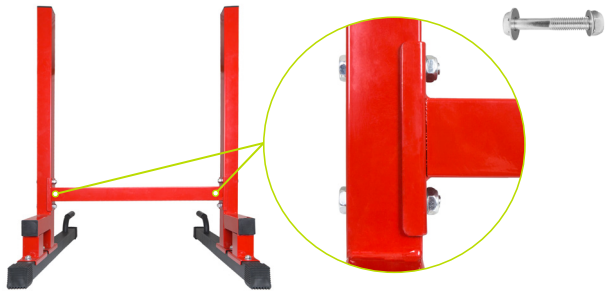
STEP 2

Align the holes at the bottom of the holder with the holes on the base. Place a thick washer on 4 screws and insert through the aligned holes. Place a skinny washer on the end of the screw and then screw on the nut. To tighten, place one wrench around the screwhead to hold and use the other to tighten the nut.



STEP 3

Place the connecting rail between both holders and align the holes. Place a thick washer on 4 screws and place them in each hole. Place a skinny washer on the end of the screw and then screw on the nut. Completely tighten with the wrenches provided.



STEP 4

Slide the handle bars into the holders. Then align the holes in the handle bars and holders to screw in the lock pin screw.



EXERCISE GUIDE

BEGINNER DIPS



- 1.** Use an X-Fit Power Resistance Band for assisted dips. Start with a heavier resistance band for extra support.
- 2.** Secure the band around the handles on the Power Dip Station so the middle of the band falls between the two rails of the stand.
- 3.** Grip each handle of the Power Dip Station and slowly place your knees in the middle of the band. When you are securely resting on the band, extend your arms.
- 4.** Bend your arms and dip down with bands under your knees. Extend your arms to bring yourself back up.
- 5.** Repeat 10-15 times. Transition to a lighter resistance band as you build strength and remove band once you can perform dips on your own.

TRICEP DIPS



- 1.** Stand between the dip bars and grip each handle.
- 2.** Bend your knees and bend your elbows to dip your body down.
- 3.** Extend your arms to lift your body back up.
- 4.** Repeat 10-15 times.

LEG RAISES



- 1.** Stand between the dip bars and grip each handle.
- 2.** Extend your arms so your feet are off the ground.
- 3.** Lift both legs together to form an L-position while keeping your arms straight and strong.
- 4.** Lower legs back down, but keep them off the ground.
- 5.** Repeat sequence 10-15 times.

STATIC HOLD



- 1.** Stand between the dip bars and grip each handle.
- 2.** Extend your arms so your feet are not touching the ground and hold for 30 seconds. Make sure your posture is upright and you do not sink into your shoulders.
- 3.** As you build strength, hold for more time.

KNEE RAISES



- 1.** Stand between the dip bars and grip each handle.
- 2.** Extend your arms so your feet are off the ground.
- 3.** Raise your knees to your chest while keeping your arms straight and strong.
- 4.** Lower your knees but keep your feet are off the ground.
- 5.** Repeat sequence 10-15 times.

L-SIT BICYCLES



- 1.** Stand between the dip bars and grip each handle.
- 2.** Extend your arms so your feet are off the ground.
- 3.** Lift both knees towards your chest.
- 4.** Extend one leg at a time straight out in front of you while the other leg is still bent close to your chest.
- 5.** Alternate legs while you stay elevated. Repeat 10-15 times.

INVERTED ROWS



- 1.** Sit between the dip bars and grip the handles above you. The handles should be right above your chest.
- 2.** Extend your legs out in front of you, shoulder-width apart and your feet flat on the ground. You should be lifted off the ground with your arms extended.
- 3.** Pull yourself up towards the handles until your chest reaches the handles.
- 4.** Lower yourself until your arms are straight, but not locked.
- 5.** Repeat 10-15 times.

L-SIT PULL UPS



- 1.** Sit between the dip bars with your legs extended in front of you.
- 2.** Grip each handle above you with palms facing each other and thumbs on the outside of the handle.
- 3.** Pull yourself up keeping your legs extended in front of you.
- 4.** Lower to form a 90-degree angle with your arms. Pull yourself up again.
- 5.** Repeat 10-15 times.

MOUNTAIN CLIMBERS



- 1.** Grip the handles on the base of the Power Dip Station and assume a push-up position.
- 2.** Bring one knee to your chest keeping your back straight.
- 3.** Alternate legs and repeat for 30 seconds.

L-SIT HOLD



- 1.** Stand between the dip bars and grip each handle.
- 2.** Extend your arms so your feet are off the ground.
- 3.** Lift both legs together to form an L-position while keeping your arms straight and strong.
- 4.** Hold for 30 seconds.
- 5.** As you build strength, hold for more time.

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.



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