

Synergiee Wall Mounted Dip Station

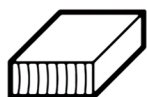
Wood Stud Installation Guide

When installing the Synergiee Wall Mounted Dip Station it is recommended to use our guide when mounting to drywall with studs spaced 16" apart.

Tools and materials required:



11/16" (17mm) SOCKET
NOT INCLUDED!



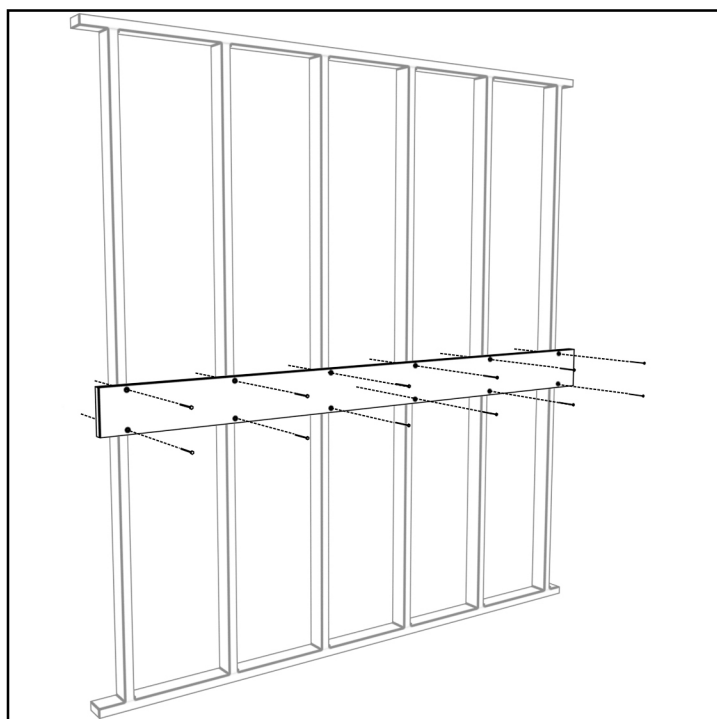
8' 2x8" Board
NOT INCLUDED!



10 lag bolts
NOT INCLUDED!

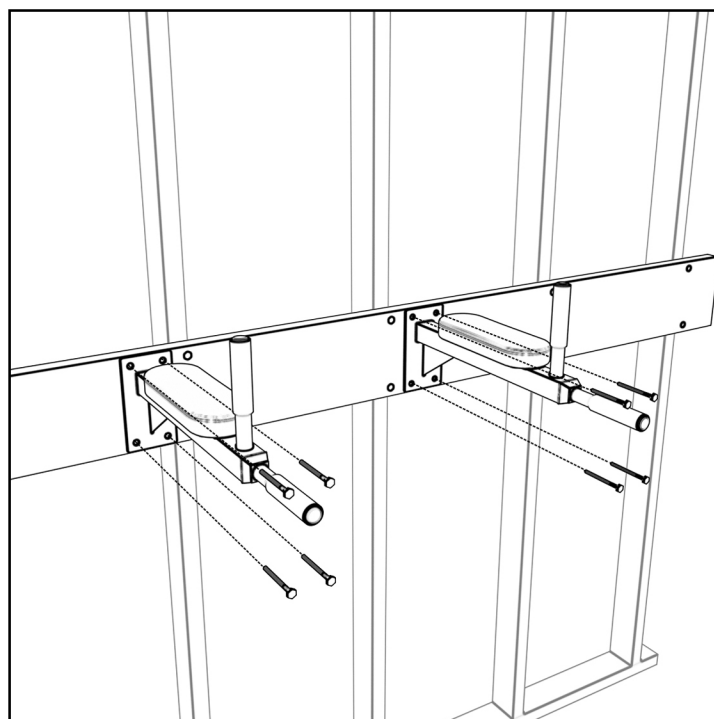


POWER DRILL
NOT INCLUDED!



STEP 1: Purchase a standard 8' 2x8" board from your local hardware store. Mount the board to your wall using lag bolts (**Not Included**). Ensure the bolts make contact with a minimum of 6 studs.

We recommend pre-drilling the holes to prevent cracking. It is also recommended to mount the board at shoulder height to ensure your legs have enough clearance when doing leg raises.



STEP 2: Measure the desired distance in which you would like your dip bars spaced. We recommend mounting on the outside of two studs, but feel free to use whatever works best for your needs. Use the included wood screws to mount the dip station. Ensure all screws are tight.

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Concrete Installation Guide

Tools and materials required:



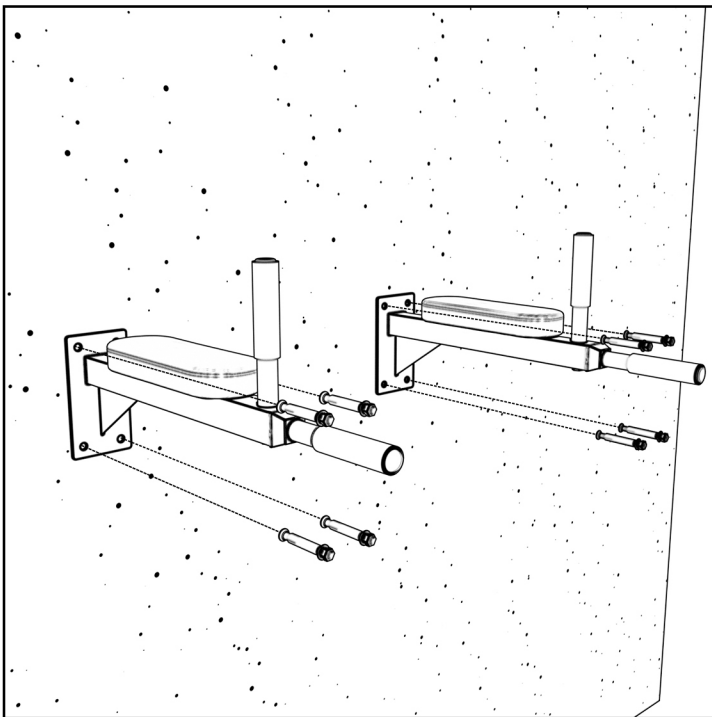
9/16" (14mm) socket
NOT INCLUDED!



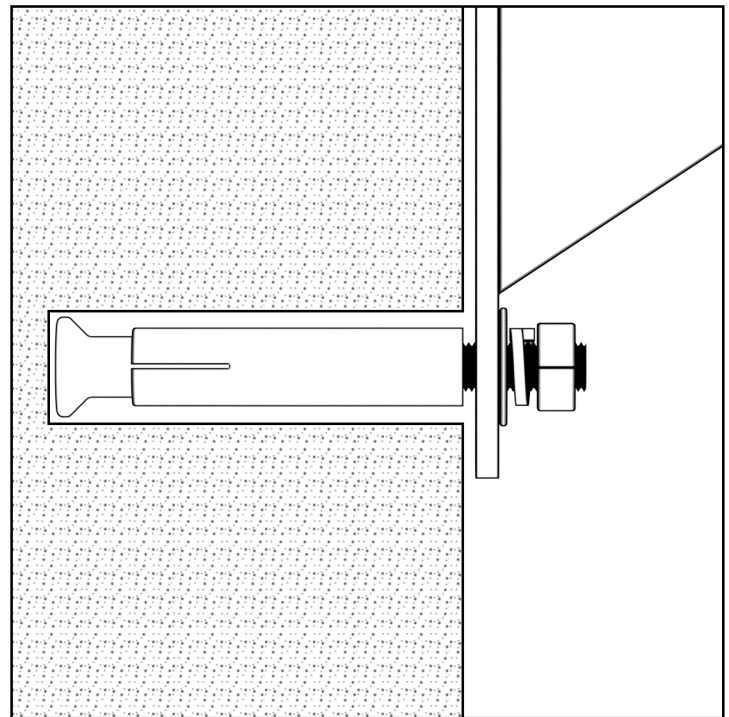
1/2" DRILL BIT
NOT INCLUDED!



POWER DRILL
NOT INCLUDED!



STEP 1: Using a 1/2" drill bit (**Not Included**) pre-drill holes for concrete mounting screws.



STEP 2: Using a 9/16" socket, screw in the provided concrete bolts and tighten until the rack is secured.