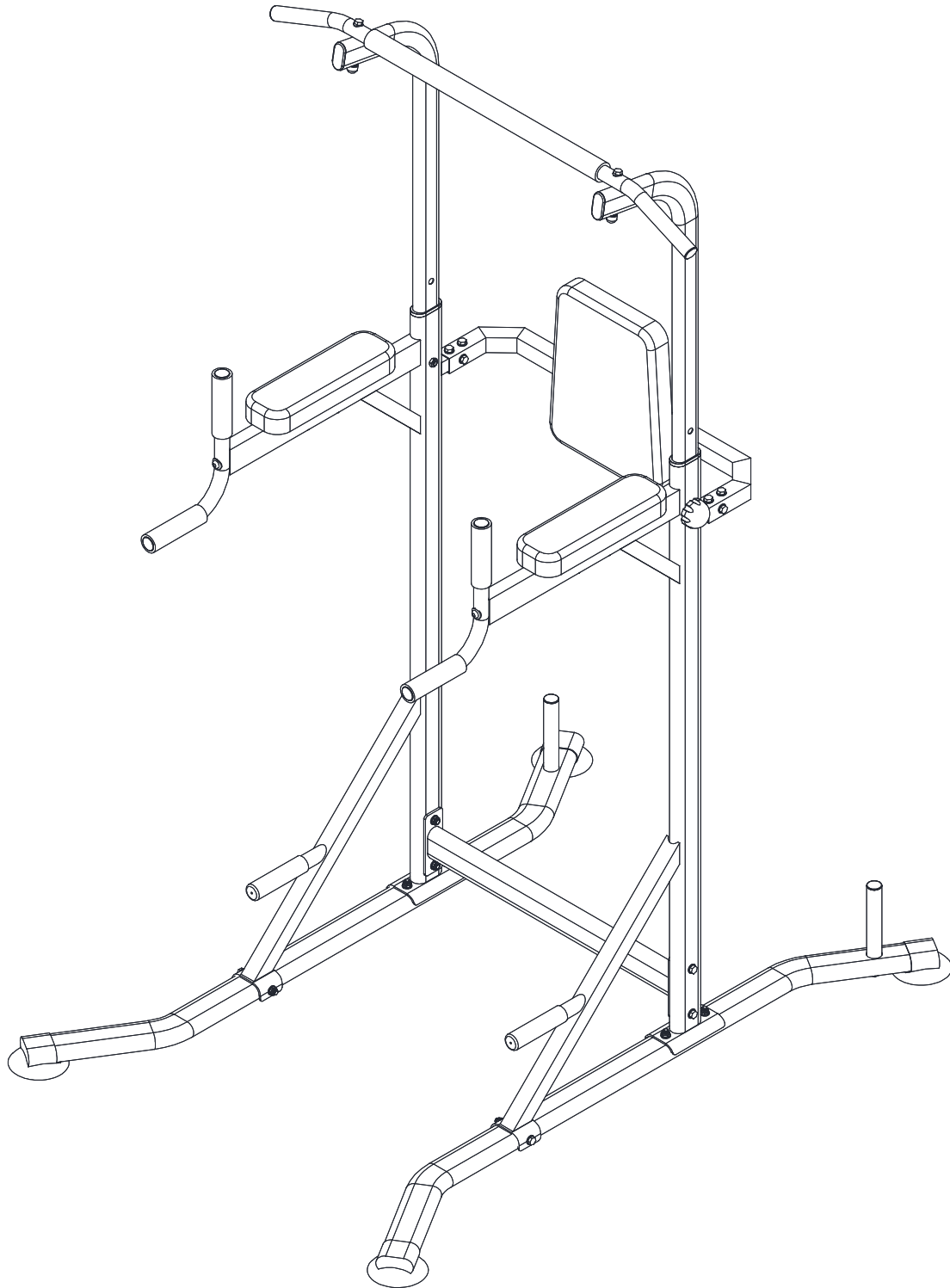


**KC: 43767960**

# **Pull Up & Dip Station User Manual**



## **WARNING!**

**READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT.  
FAILURE OF INCORRECT OR EXCESSIVE TRAINING MAY CAUSE INJURIES TO HEALTH.**

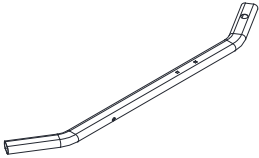
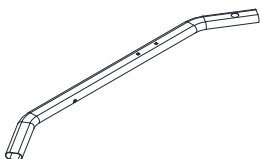
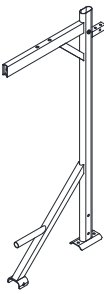
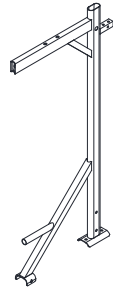
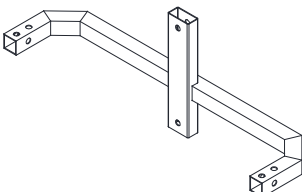
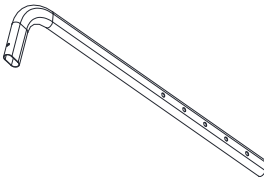
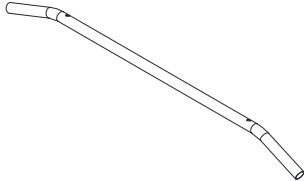
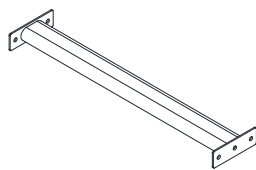
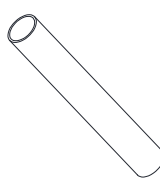
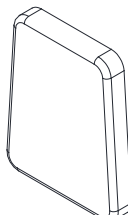
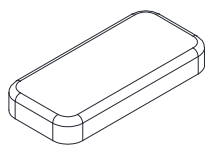
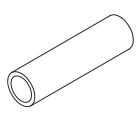
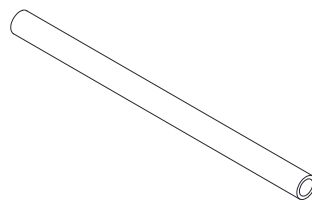
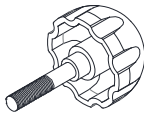
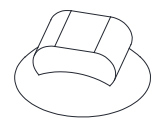
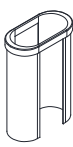
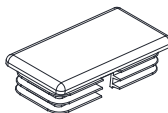
## Safety Information

- Maximum load: 100 kg.
- Always assemble & place the device on a flat, solid surface (e.g., concrete or rubber gym flooring). Do not use the device on uneven, soft, or slippery surfaces.
- Before using the product, please check that all bolts and nuts are securely tightened and that all moving parts function properly. Otherwise, stop using the product.
- Use only under competent supervision. If you have any questions about your physical condition or suffer from an ailment, always consult your doctor before using the device. This product is not designed to be used by individuals who are with reduced physical, sensory or mental abilities, or by people without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device
- Do not drink alcoholic beverages when using the device.
- Do not use the device if you are pregnant.
- Do not allow children to play on or around the device.
- Keep fingers clear of moving parts.
- Do warm-up first before exercising.
- A clearance of 1 meters around the device is required to provide a free training area.
- Please wear suitable clothes when exercising. Do not wear loose clothes that can get tangled in the equipment.
- Check & re-tighten all fasteners periodically (e.g., every 2-3 uses or weekly). Do not use the product if any parts are worn, bent, cracked, or missing.
- Product is in compliance with EN ISO 20957-1 & Class Home. Suitable for domestic home use only.

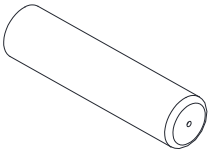
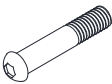
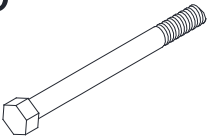
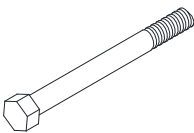
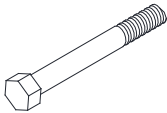
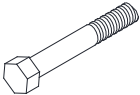
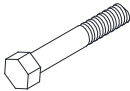
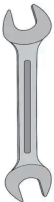
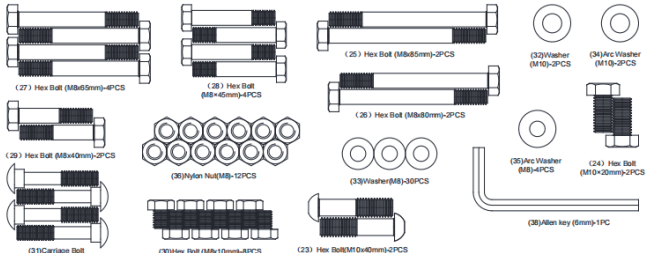
**CAUTION: STABILITY MAY VARY DEPENDING ON HEIGHT AND DIFFERENT EXERCISES. ALWAYS PLACE THE PRODUCT ON A FLAT SURFACE AND ADJUST TO A SECURE, STABLE HEIGHT BEFORE BEGINNING EXERCISE.**

**MADE IN CHINA  
CUSTOMER SERVICE  
KMART AU:1800124125  
KMART NZ:0800945995  
TARGET AU:1300753567**

# Parts

|                                                                                                                                                   |                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p>  <p>A Stand<br/>1PC</p>                                 | <p>2</p>  <p>B Stand<br/>1PC</p>                                           | <p>3</p>  <p>C Upright<br/>1PC</p>                                        | <p>4</p>  <p>D Upright<br/>1PC</p>                                    |
| <p>5</p>  <p>Backrest Frame<br/>1PC</p>                          | <p>6</p>  <p>Upper Support Frame<br/>2PCS</p>                              | <p>7</p>  <p>Lat Bar<br/>1PC</p>                                          | <p>8</p>  <p>Handle Tube<br/>2PCS</p>                                 |
| <p>9</p>  <p>Cross Support<br/>1PC</p>                         | <p>10</p>  <p>Bell Tubes<br/>2PCS</p>                                    | <p>11</p>  <p>Backrest Cushion<br/>1PC</p>                              | <p>12</p>  <p>Arm Cushion<br/>2PCS</p>                              |
| <p>13</p> <p>Pre-installed</p>  <p>Handle Foam<br/>4PCS</p>    | <p>14</p> <p>Pre-installed</p>  <p>Foam Roller<br/>1PC</p>               | <p>15</p>  <p>Knob<br/>2PCS</p>                                         | <p>16</p>  <p>30x60mm Ellipse<br/>End Cap 4PCS</p>                  |
| <p>17</p> <p>Pre-installed</p>  <p>Mid-Empty Plug<br/>2PCS</p> | <p>18</p> <p>Pre-installed</p>  <p>25X50mm Ellipse<br/>End Plug 2PCS</p> | <p>19</p> <p>Pre-installed</p>  <p>25X50mm Square<br/>End Plug 2PCS</p> | <p>20</p> <p>Pre-installed</p>  <p>25mm Round End<br/>Plug 8PCS</p> |

# Parts

|                                                                                                                                              |                                                                                                                                     |                                                                                                                                          |                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>21</b> Pre-installed</p>  <p>Handle Grip<br/>2PCS</p> | <p><b>22</b></p>  <p>Bolt Cap<br/>2PCS</p>         | <p><b>23</b></p>  <p>M10X40mm Bolt<br/>2PCS</p>        | <p><b>24</b></p>  <p>M10X20mm Hex Bolt<br/>2PCS</p> |
| <p><b>25</b></p>  <p>M8X85mm Hex Bolt<br/>2PCS</p>          | <p><b>26</b></p>  <p>M8X80mm Hex Bolt<br/>2PCS</p> | <p><b>27</b></p>  <p>M8X65mm Hex Bolt<br/>4PCS</p>     | <p><b>28</b></p>  <p>M8X45mm Hex Bolt<br/>4PCS</p>  |
| <p><b>29</b></p>  <p>M8X40mm Hex Bolt<br/>2PCS</p>          | <p><b>30</b></p>  <p>M8X10mm Hex Bolt<br/>8PCS</p> | <p><b>31</b></p>  <p>Carriage Bolt M8X45mm<br/>4PCS</p> | <p><b>32</b></p>  <p>M10 Washer<br/>2PCS</p>        |
| <p><b>33</b></p>  <p>M8 Washer<br/>30PCS</p>              | <p><b>34</b></p>  <p>Arc Washer M10<br/>2PCS</p> | <p><b>35</b></p>  <p>Arc Washer M8<br/>4PCS</p>      | <p><b>36</b></p>  <p>M8 Nylon Nut<br/>12PCS</p>   |
| <p>Tools excluded but you may need:</p>  <p>x2pcs</p>     |                                                                                                                                     |                                                                                                                                          | <p><b>HARDWARE PACK</b></p>                        |

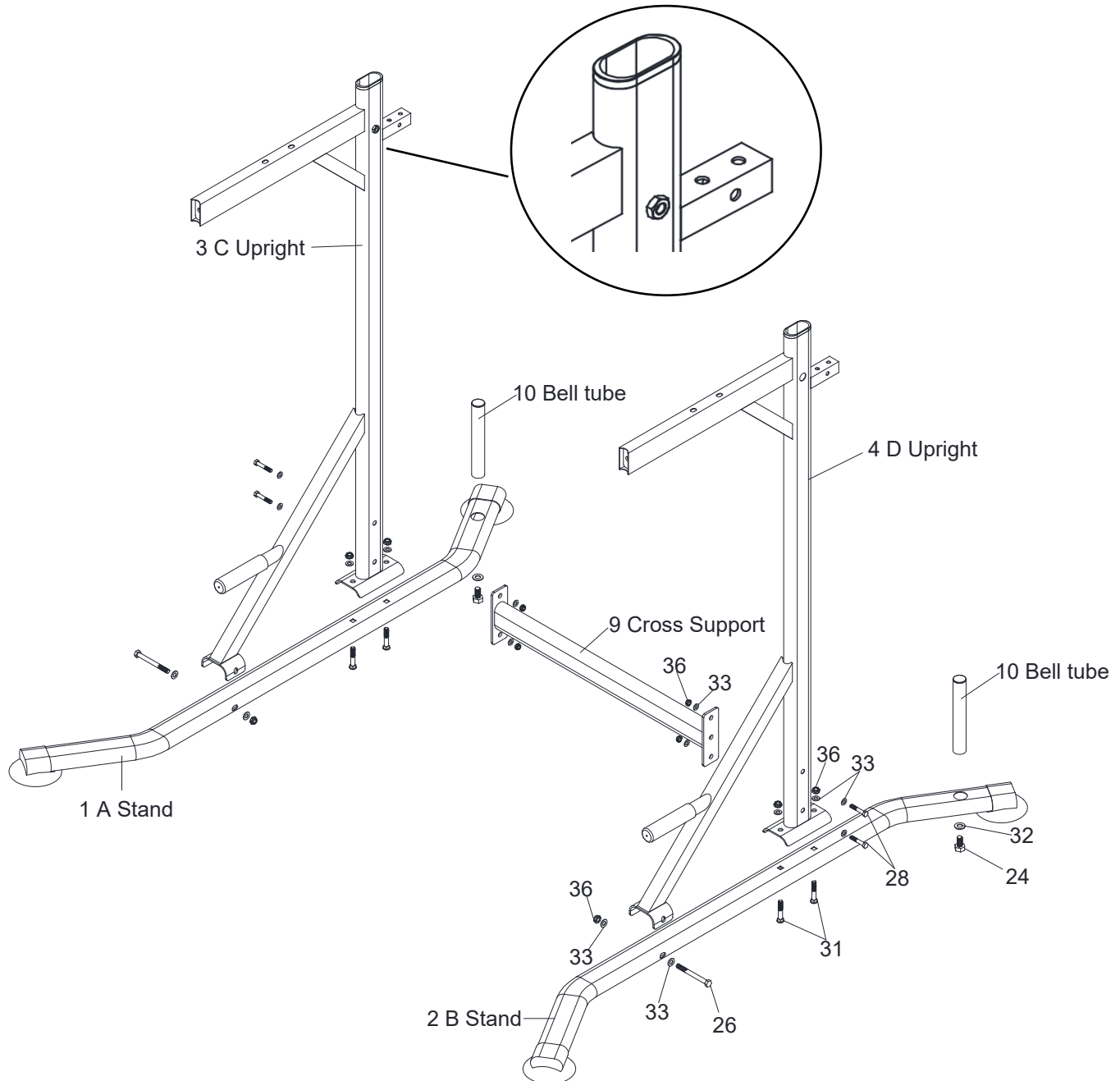
## Care and maintenance

1. Proper use of the equipment is good for extending device service life.
2. Screws may get loose after exercise, check and tighten all the screws periodically to avoid any damage to the device or health injuries.
3. Failure to perform routine maintenance could result in device damage and/or health injuries.

# Assembly instructions

## Step 1

Assemble the A&B stand (#1 & #2), C&D uprights (#3 & #4), cross support #9, and bell tube #10 components.

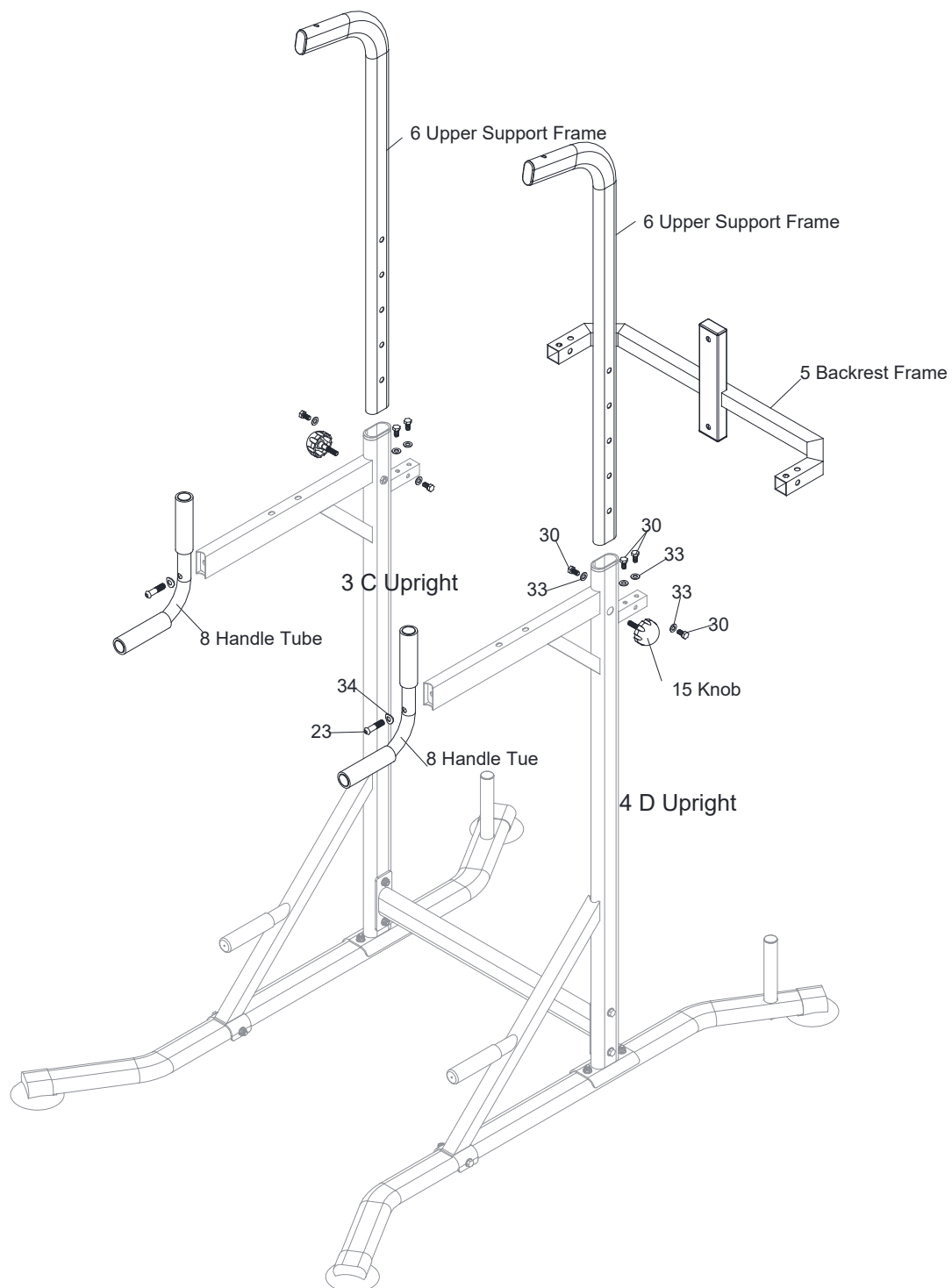


## Notes:

1. Before assembling, carefully distinguish that Stand A and B represent the left and right stands respectively. Bolt #24 should be installed upward from the bottom of the stands and get through to 10 Bell tubes. Refer to the drawing.
2. Before assembling, carefully distinguish that uprights C and D represent the left and right upright respectively. Both nuts on top of the uprights should be installed facing inward. Refer to the drawing.

## Step 2

Assemble upper support frame #6, backrest frame #5, handle tube #8, and knob #15.

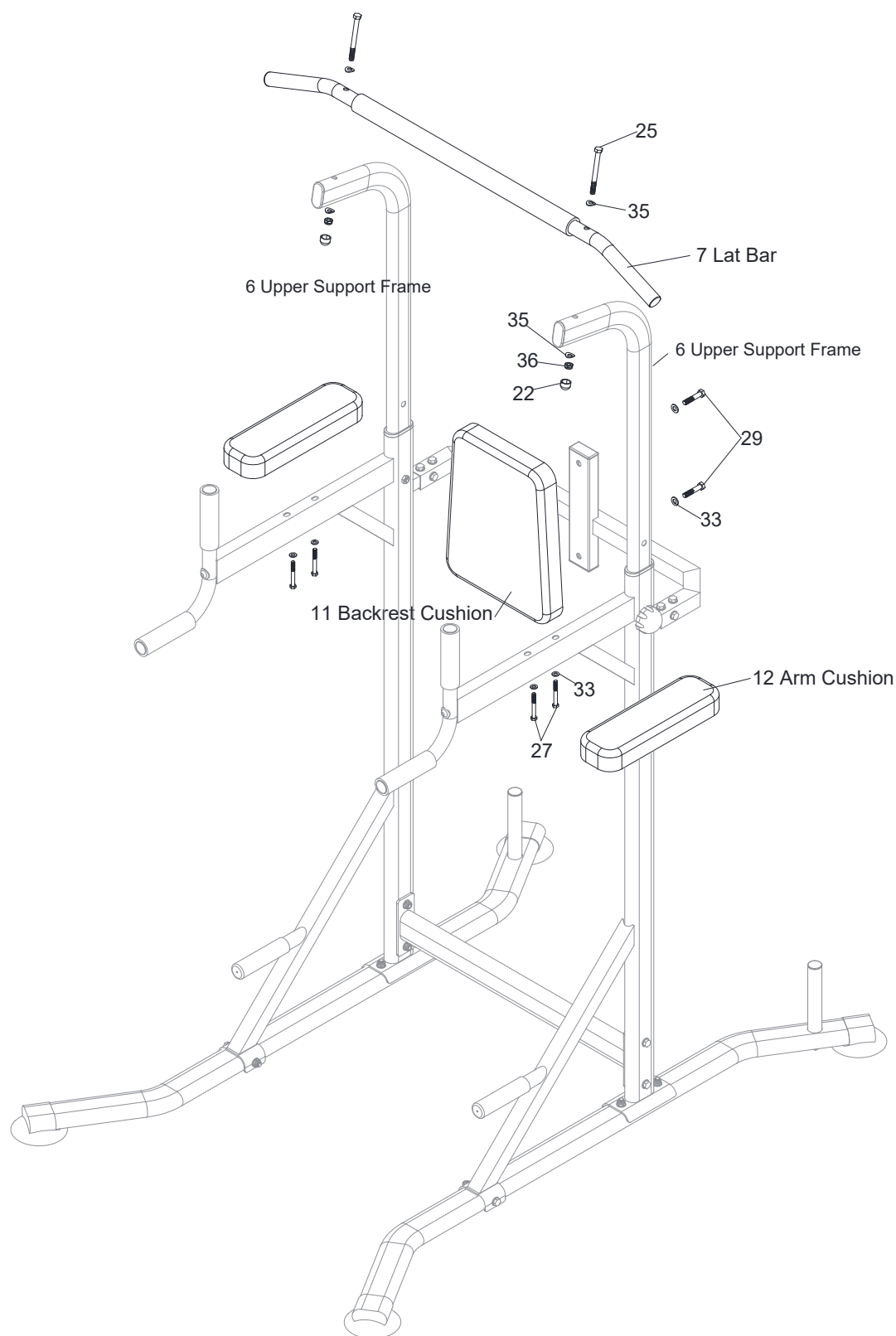


### Notes:

1. When inserting upper support frame #6 into C / D uprights, ensure that the heights of both frames are aligned, then tighten upper support frame #6 to C / D uprights using knob #15.
2. Insert backrest frame #5 into the C and D uprights and tighten it with the graphic bolts on the drawing.
3. When installing handle tube #8, refer to the drawing for the correct orientation of the arc.

## Step 3

Assemble the lat bar #7, backrest cushion #11, and arm cushion #12 components.

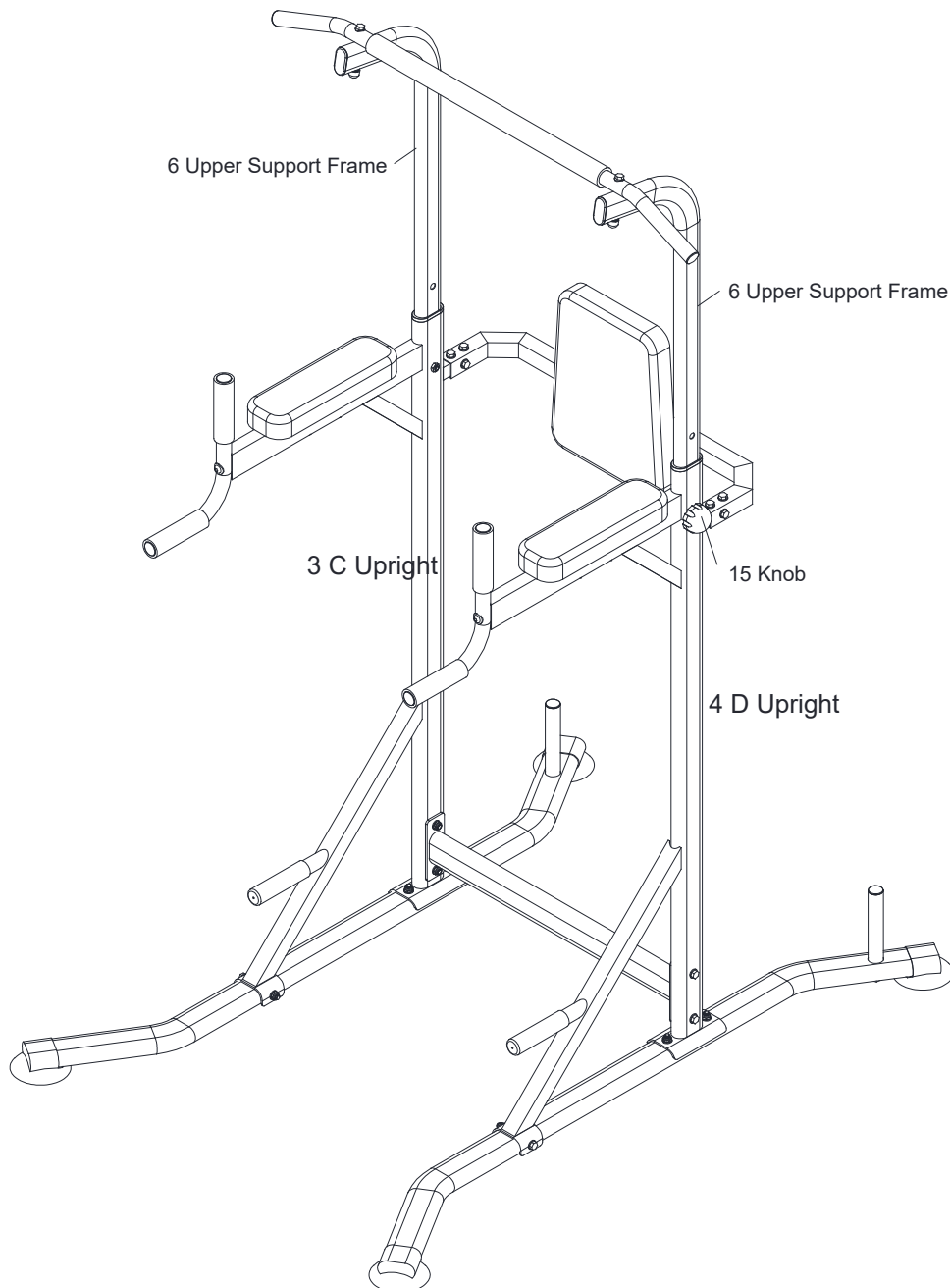


### Notes:

Assembling lat bar #7: Insert the bolt from top, get through #7 Lat Bar to upper support frame #6, and tighten the nuts.

# Height Adjustment

Upper support frame #6 height adjustable Range: 5 Level (1845~2165mm).  
Loosen and pull out knob #15, then manually raise or low down upper support frame #6 to the appropriate height, and thighten knob #15.



## Warning:

1. Do not adjust the height during use.
2. During height adjustment, please confirm that the upper support frames #6 on both sides are at the same heights.
3. Make sure that knob #15 have completely passed through both holes of upper support frames #6 and C / D uprights before tightening.