

DIP-STATION

Letter	Part	Quantity
A	Dip Stand hand grip	2
B	Dip Stand base	4



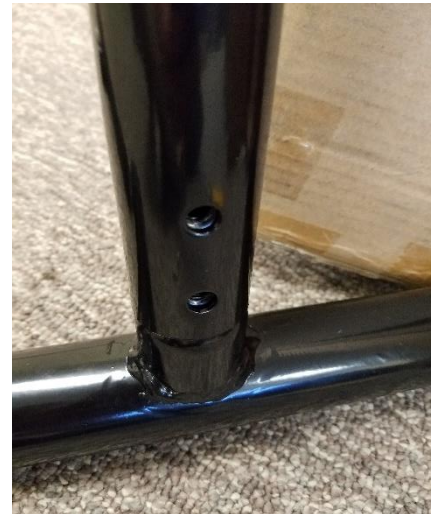
A



B

Assembly:

1. Take Dip stand parts out of the box. Unscrew the screws on part B, and proceed to slide parts A and B together.



2. Screw the screws back into the two holes that have been connected. Screw tightly and securely. Repeat for all 4 bases of the dip stand.

into the two holes that have been



3. Once all 4 bases of the Dip Stands are secured tightly, place stand upright and begin use.



Use:

- Make sure to stay hydrated when exercising and using dip stand.
- When finished using, keep out of inclement weather and store in a dry area.