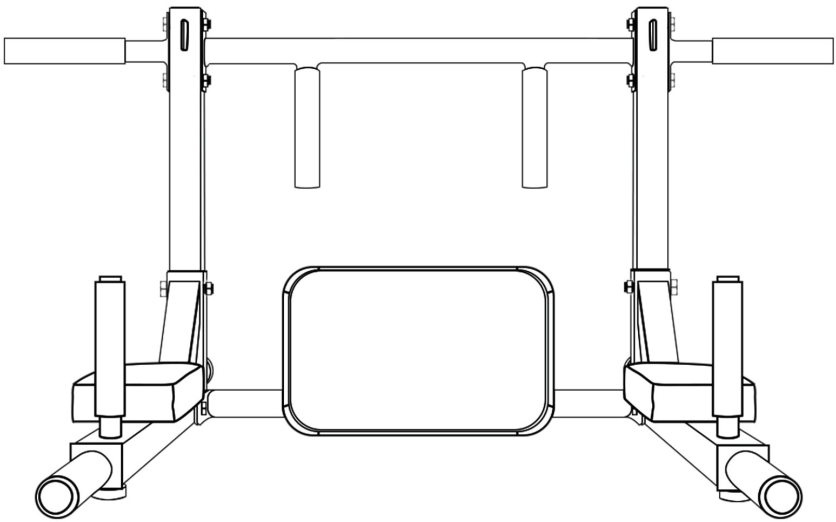


WALL-MOUNTED
PULL UP BAR
AND DIP STATION



SET UP &
SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Important: Please read instructions before use



Thank you for purchasing this product. Your new RPM Power® Wall-Mounted Pull Up Bar and Dip Station is a premium product which has been built using only the highest quality metal and plastic materials. Used correctly, it will last a lifetime.



Danke für den Kauf dieses Produkts. Ihre neue RPM Power® Wall-Mounted Pull Up Bar and Dip Station ist ein Premium-Produkt, das nur aus den hochwertigsten Metall- und Kunststoffmaterialien hergestellt wurde. Bei der richtigen Verwendung hält sie ein Leben



Merci d'avoir choisi ce produit. Votre nouvelle RPM Power® Wall-Mounted Pull Up Bar and Dip Station est un produit supérieur, fabriqué uniquement avec des matériaux en métal et plastique de haute qualité. Utilisé correctement, il vous durera toute la vie.



¡Gracias por comprar este producto! Su nueva RPM Power® Wall-Mounted Pull Up Bar and Dip Station es un producto premium que ha sido construido usando materiales metálicos y plásticos de alta calidad. Usado correctamente, podrá durarle toda la vida.

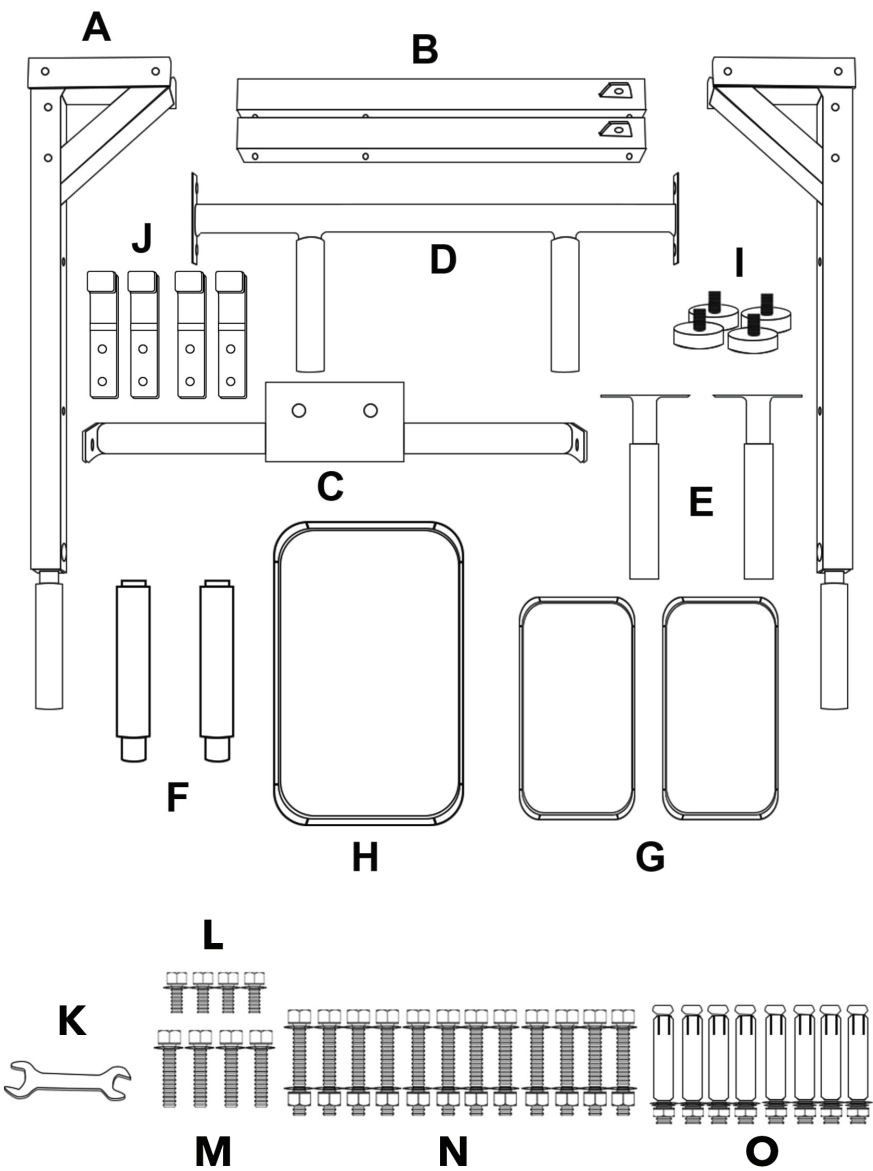


Grazie per aver acquistato questo prodotto. La tua nuova RPM Power® Wall-Mounted Pull Up Bar and Dip Station è un prodotto premium realizzato con materiali metallici e plastici di alta qualità. Usato correttamente, durerà una vita.

LIST OF PARTS

- | | | | |
|----|---------------------------|----|--------------------------|
| A. | 2 x Dip Station Frame | I. | 4 x Plum Blossom Screw |
| B. | 2 x Pull-Up Extension Bar | J. | 4 x Wall Mount |
| C. | 1 x Connecting Frame | K. | 1 x Wrench |
| D. | 1 x Internal Handle | L. | 4 x Short Screw |
| E. | 2 x External Handle | M. | 4 x Long Screw |
| F. | 2 x Dip Station Handle | N. | 12 x Hexagonal Screw |
| G. | 2 x Elbow Pad | O. | 8 x 12mm Expansion Screw |
| H. | 1 x Back Pad | | |

LIST OF PARTS

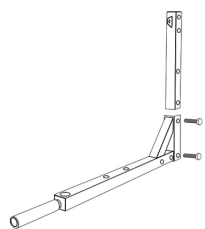


PRECAUTIONS

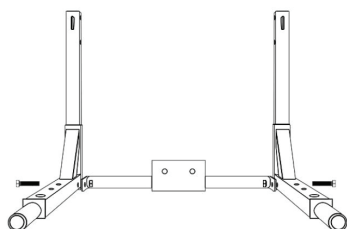
- The RPM Power® Wall-Mounted Pull-Up Bar and Dip Station will support a weight of max. 150kg (330lb) per side. Please ensure the selected wall is capable of supporting a similar loading.
- This product should only be installed on walls made of solid cement, solid red brick or solid tile. Always ensure that the wall you choose for installation is, above all, solid and strong enough to hold the combined weight of the product and the person exercising.
- It is not recommended to install this product on walls made of hollow brick, honeycomb brick, plaster or sandwich panel.
- Do not position this product on a wall near stairs, heavy furniture or sharp objects.
- Do not jump and grab the bar, as it may detach or loosen from its anchor.
- Do not hang your feet or legs from this product.
- Always remain in the upright position while exercising and practice controlled (not steady or swinging) movements with your body.

INSTALLATION

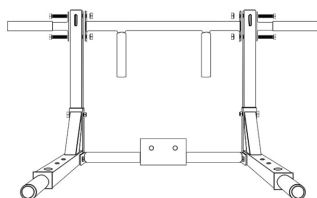
Product Assembly:



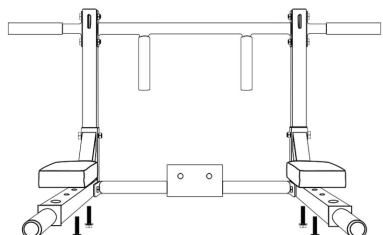
Step 1 - Connect both pull-up extension bars (B) to the dip stations frames (A) using 4 x hexagonal screws (N).



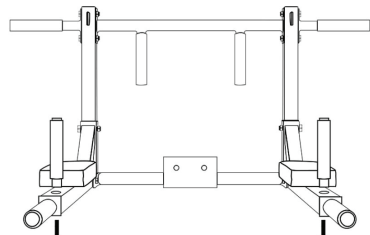
Step 2 - Use the connecting frame (C) to connect both pull-up extension bars (A) together. Do this using 2 x hexagonal screws (N).



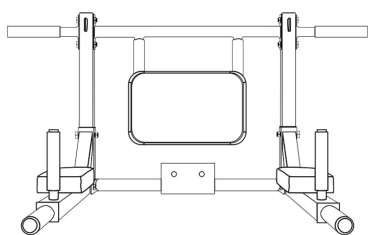
Step 3 - Position the internal handle (D) between the pull-up extension bars (A) using 4 x hexagonal screws (N). At the same, attach the 2 x external handles (E).



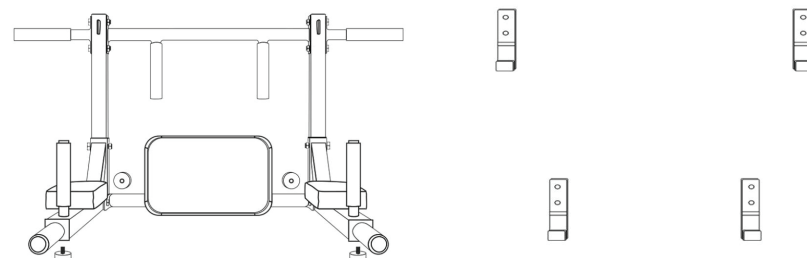
Step 4 - Attach 2 x elbow pads (G) to the lower part of the pull-up extension bars using 4 x long screws (M).



Step 5 - Attach 2 x dip station handles (F) just in front of the elbow pads (G) using 2 x short screws (L).

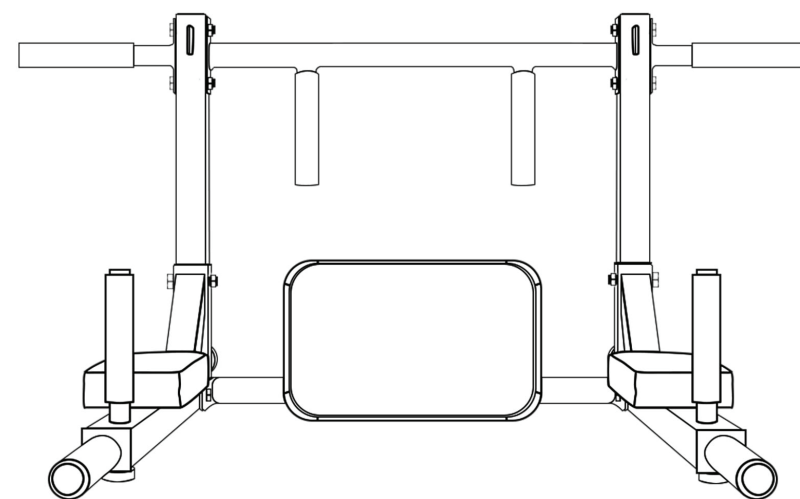


Step 6 - Attach the back pad (H) to the connecting frame (C) using 2 x short screws (L).



Step 7 - Screw 4 x plum bossom screws (I) to the four corners of the dip station frame (A).

Step 8 - Choose the appropriate height at which you would like to mount the product to the wall. Position the 4 x wall mounts (J) on the wall and mark the hole positions with a pencil. Ensure the holes are aligned and level.



Step 9 - Use a 12mm electric drill to drill 2.7" deep holes into the wall. Insert the 8 x 12mm expansion screws (O) into the holes and secure with a hammer. Attach the Pull Up Bar and Dip Station by letting it sit securely on the wall mounts.

Step 10 - Once you are sure that the Pull-Up Bar and Dip Station is securely mounted to the wall, test it by placing your weight on the bar and shaking it slightly. If the bar moves, even slightly, the screws need to be tightened further, or the chosen wall is not solid enough and the bar needs to be repositioned.

****NOTE: This Pull Up Bar and Dip Station has been specifically designed for UPPER BODY STRENGTHENING use only. Avoid using for GYMNASTIC EXERCISE purposes.****

**** HINWEIS: Diese Pull Up Bar and Dip Station wurde speziell für die Verwendung als OBERKÖRPERSTÄRKUNGSVORRICHTUNG entwickelt. Vermeiden Sie die Verwendung für GYMNASTISCHE ÜBUNGEN. ****

**** REMARQUE: Cette Pull Up Bar and Dip Station a été spécialement conçue pour une utilisation de RENFORCEMENT DU CORPS SUPÉRIEUR uniquement. Évitez de l'utiliser pour des EXERCICES DE GYMNASTIQUE. ****

**** NOTA: Esta Pull Up Bar and Dip Station ha sido diseñada específicamente para uso de EJERCICIOS DE FORTALECIMIENTO DE LA PARTE SUPERIOR DEL CUERPO. Evite usar con fines de EJERCICIO GIMNÁSTICO. ****

**** NOTA: Questa Pull Up Bar and Dip Station è stata appositamente progettata per l'allenamento e la tonificazione delle parti SUPERIORI. Evitare l'uso per scopi di ESERCIZIO GINNICO ****

THANK YOU FOR YOUR PURCHASE

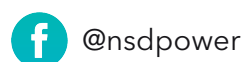
We would like to warmly thank you for your purchase of this RPM Power® Wall-Mounted Pull Up Bar. and Dip Station. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us

As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business - **RPM Power** - on the Trustpilot website.

Reviews from customers like you give others a better idea of how our products work and allow for a more transparent purchase process when buying from our store. Thank you so much.

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