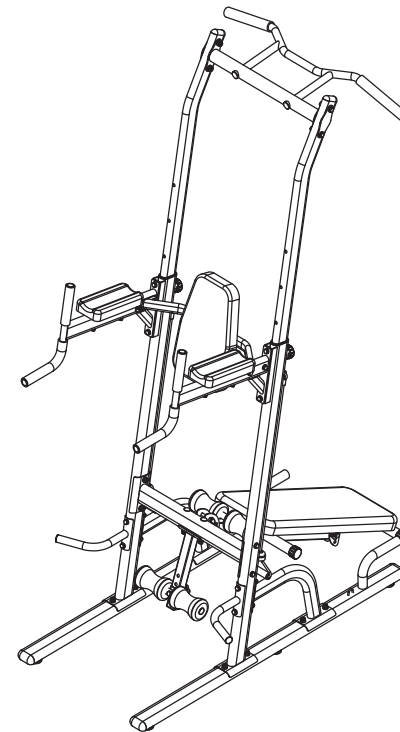


DIP STATION

OWNER'S MANUAL



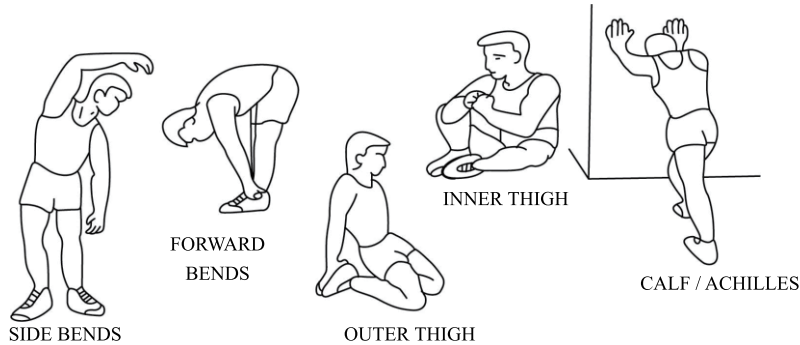
- 1, warning: minors are prohibited from using and should stay away from fitness equipment, otherwise due to improper operation and other reasons caused by their own injury consequences.
2. According to the market feedback, the manufacturer will constantly optimize and upgrade the performance of the product in the production process, if the product is slightly different from the description, whichever is the object.

EXERCISE INSTRUCTIONS

Using your EXERCISECYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

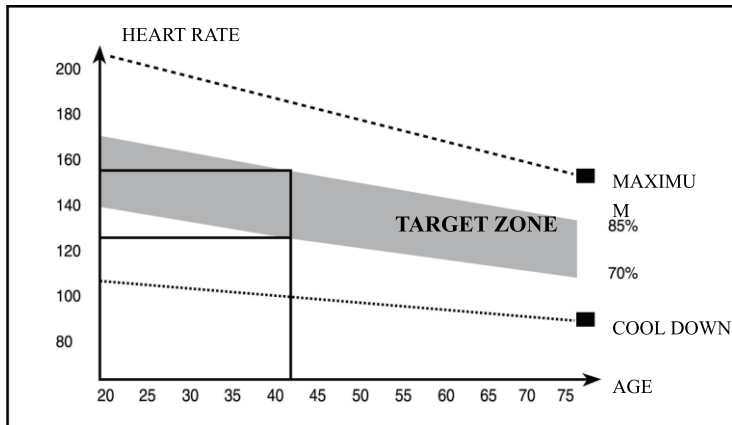


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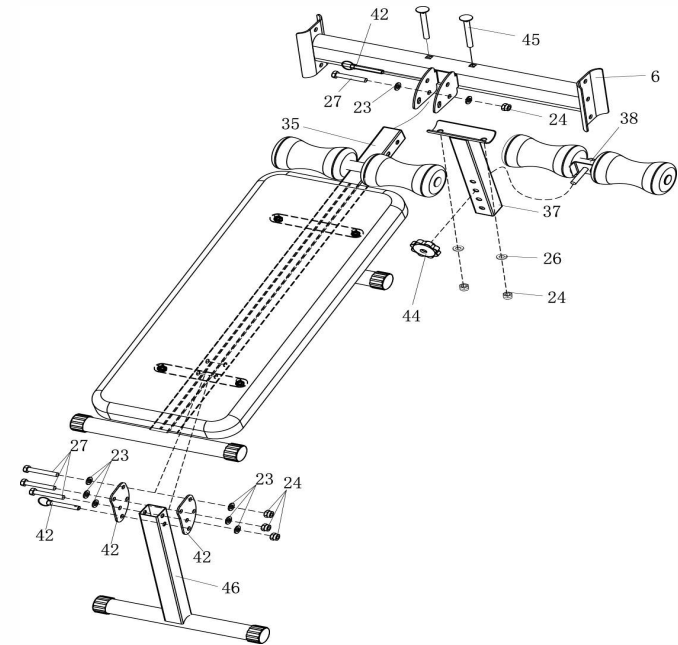
IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

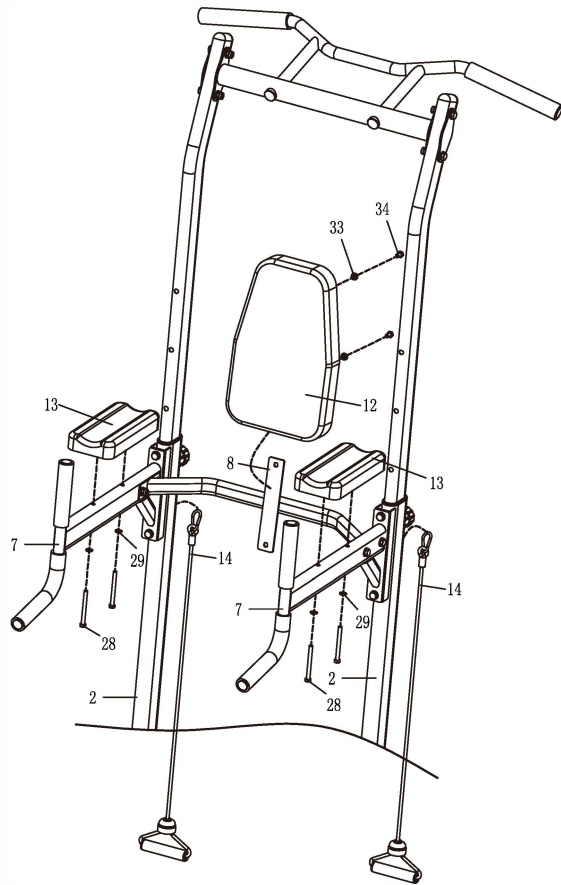
ASSEMBLY INSTRUCTIONS



STEP 7

-As shown, the supine board assembly (35) is first fixed on the assembled connecting pipe (6) with 1PCS hexagonal bolt M10 * 60(27) , 2PCS flat cushion Φ 10(23) , and 1PCS Locknut M10(24) ; Then the hook leg bracket (37) is fixed on the assembled connecting pipe (6) with 2PCS pan head square neck bolt M10 * 95(45) , 2PCS arc flat cushion Φ 10(26) , 2PCS Locknut M10(24) ; Then the lower bracket(46) is fixed on the supine board assembly (35) with 3PCS hexagon bolt M10 * 60(27) , 6PCS flat cushion Φ 10(23) and 3PCS Locknut M10(24) ; Four. The lower bracket (38) then penetrates into the hole position of the hook bracket (37) according to the drawing, and is locked with a plum-blossom knob (44) , and finally the hook ring latch (42) is inserted into the corresponding hole position.

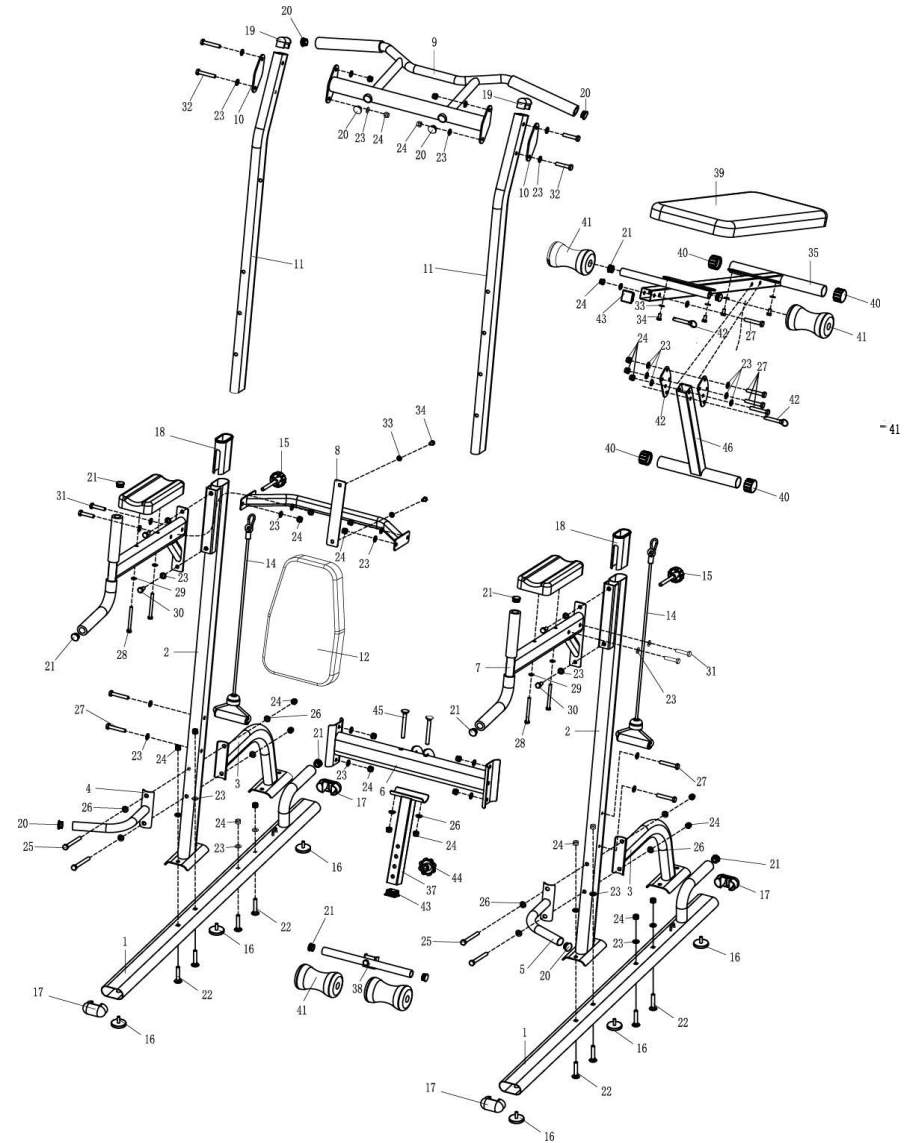
ASSEMBLY INSTRUCTIONS



STEP 6

Fix Back Cushion(#12) onto Back Cushion Frame(#8) with 2pcs M8*15 Bolts(#34), 2pcs ϕ 8 washers (#33). Fix Hand Pad(#13) onto the Support handlebar Frame(#7) with 4pcs M8*85 Hex Bolts (#28), 4pcs ϕ 8 curved washers (#29), then put Elastic Cord(#14) onto Column(#2).

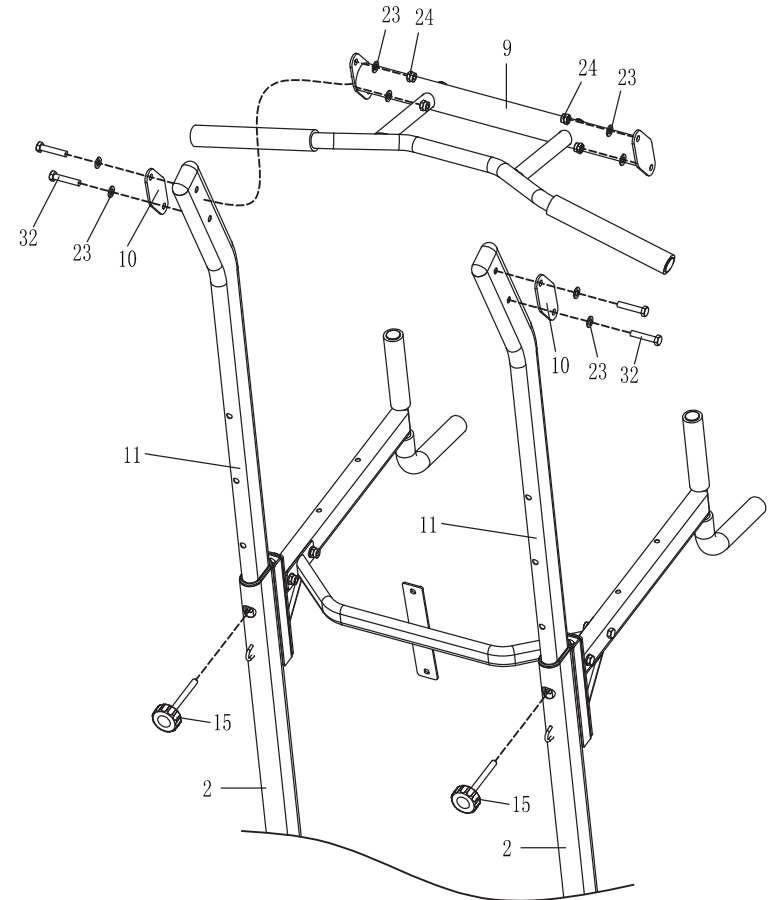
EXPLODED DIAGRAM



PARTS LIST

No	Parts Name	Quantity	No	Parts Name	Quantity
1	Underframe	2	24	Loose Preventing Nut (M10)	28
2	Column	2	25	Hex Bolt (M10*100)	4
3	Support Tube	2	26	Curved Washer (∅ 10)	10
4	Right Column Handlebar Frame	1	27	Hex Bolt (M10*60)	6
5	Left Column Handlebar Frame	1	28	Hex Bolt (M8*85)	4
6	Connection Tube	1	29	Curved Washer (∅ 8)	4
7	Support handlebar Frame	2	30	Hex Bolt (M10*20)	4
8	Back Cushion Frame	1	31	Hex Bolt (M10*45)	4
9	Handle	1	32	Hex Bolt (M10*50)	4
10	Fixed Plate	2	33	Washer (∅ 8)	6
11	Adjustable Tube	2	34	Hex Bolt (M8*15)	6
12	Back Cushion	1	35	Sit-up Bench Support Frame	1
13	Hand Pad	2	36	Support Frame	1
14	Elastic Cord	2	37	Hold Foot Frame	1
15	Bolt (M10*90)	2	38	Lower Support Frame	1
16	Foot Pad (M8*20)	6	39	Sit-up Bench	1
17	Oval Tube Plug (40*80*1.5)	4	40	Outside End Cap	4
18	Bushing	2	41	Foam Tube	4
19	Oval Tube Plug (30*70*1.5)	2	42	Square Plug	2
20	Circular Plug (∅ 28*1.5)	6	43	Knob	1
21	Circular Plug (∅ 25*1.5)	10	44	Bolt (M10*95)	2
22	Bolt (M10*55)	8	45	Ring Bolt	2
23	Washer (∅ 10)	40			
TOOL					
	Cross Wrench ∅ 5,13# 17#	1		Wrench 17#	1

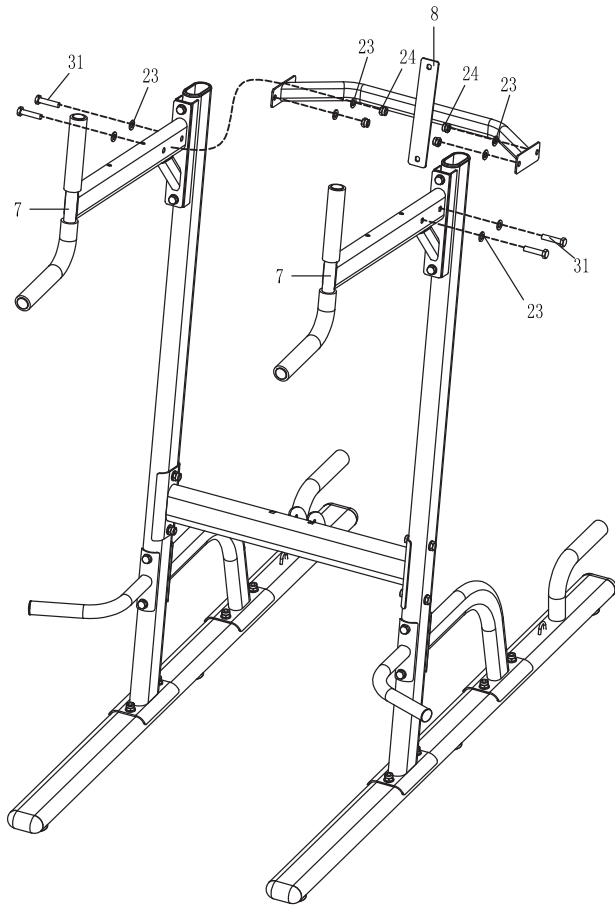
ASSEMBLY INSTRUCTIONS



STEP 5

Insert Adjustable Tube(#11) into Column(#2). Fix Handle(#9) onto Adjustable Tube(#11) with 4pcs M10*50 Hex Bolts (#32),4pcs M10 Loose Preventing Nuts(#24), 8pcs ∅ 10 washers(#23) and through Fixed Plate(#10). Then install Adjustable Tube(#11) to appropriate hole and lock them with M10*90 Bolt(#15).

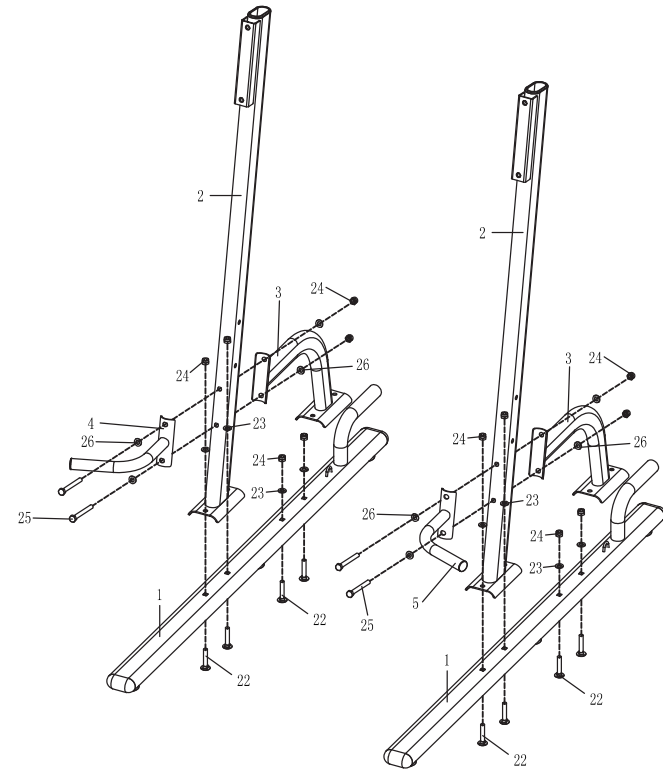
ASSEMBLY INSTRUCTIONS



STEP 4

Fix Back Cushion Frame(#8) onto Support handlebar Frame(#7) with 4pcs M10*45 Hex Bolts (#31), 4pcs M10 Loose Preventing Nuts (#24), 8pcs \varnothing 10 washers (#23).

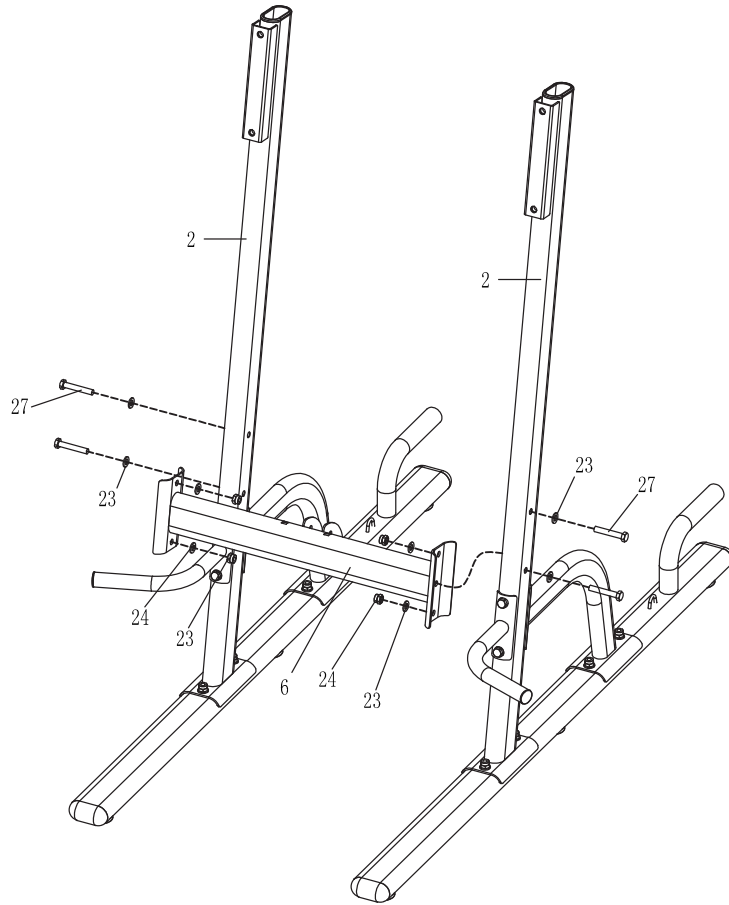
ASSEMBLY INSTRUCTIONS



STEP 1

Use M10*55 Bolts(#22), 4pcs \varnothing 10 washers(#23), 4pcs M10 Loose Preventing Nuts(#24) install Column(#2) and Underframe (#1). Fix Left and Right Handlebar Frame (#4,#5), Column(#2), Support Tube (#3), and Under frame (#1) onto one side with 4pcs M10*55 Bolts (#22), 4pcs \varnothing 10 washers (#23), 4pcs M10 Loose Preventing Nut (#24) Fix left and Right Handlebar Frame (#4,#5) onto another side with 4pcs Bolt M10*100(#25), 8pcs \varnothing 10 Curved washers (#26), 4pcs M10 Loose Preventing Nut (#24) . Note: All the bolts are not locked yet.

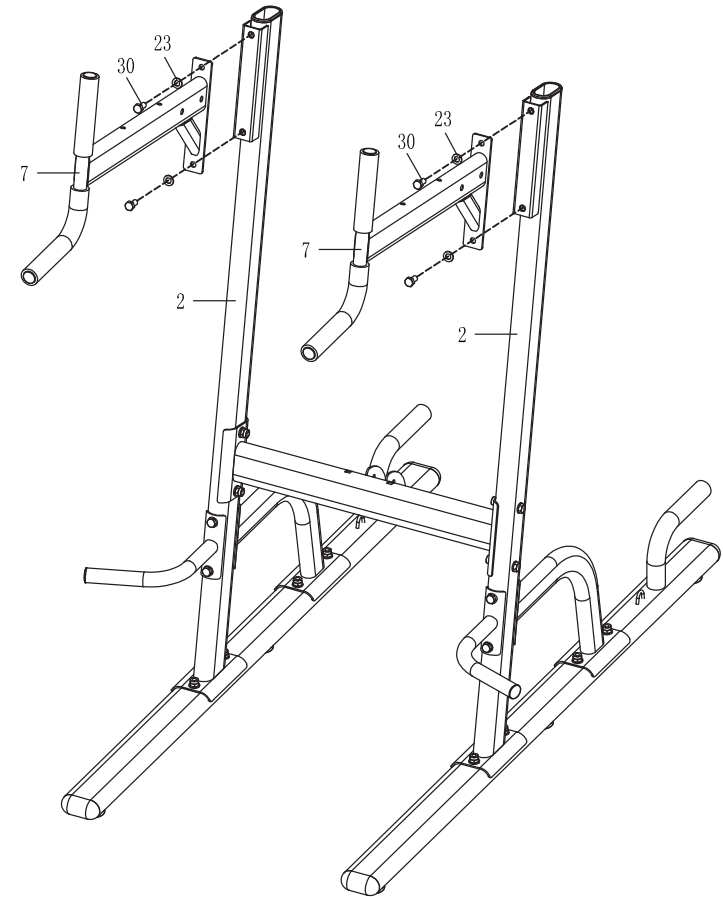
ASSEMBLY INSTRUCTIONS



STEP 2

Fix Connection Tube(#6) onto Column(#2) with 4pcs M10*60 Hex Bolts (#27), 4pcs M10 Loose Preventing Nuts (#24), 8pcs ϕ 10 washers (#23) . Adjust the Underframe(#1) to be in a horizontal position. Then lock all the bolts from top to bottom. Note: All the bolts have been locked.

ASSEMBLY INSTRUCTIONS



STEP 3

Fix Support handlebar Frame(#7) onto Column(#2) with 4pcs M10*20 Hex Bolts (#30), 4pcs ϕ 10 washers (#23), then lock them.