



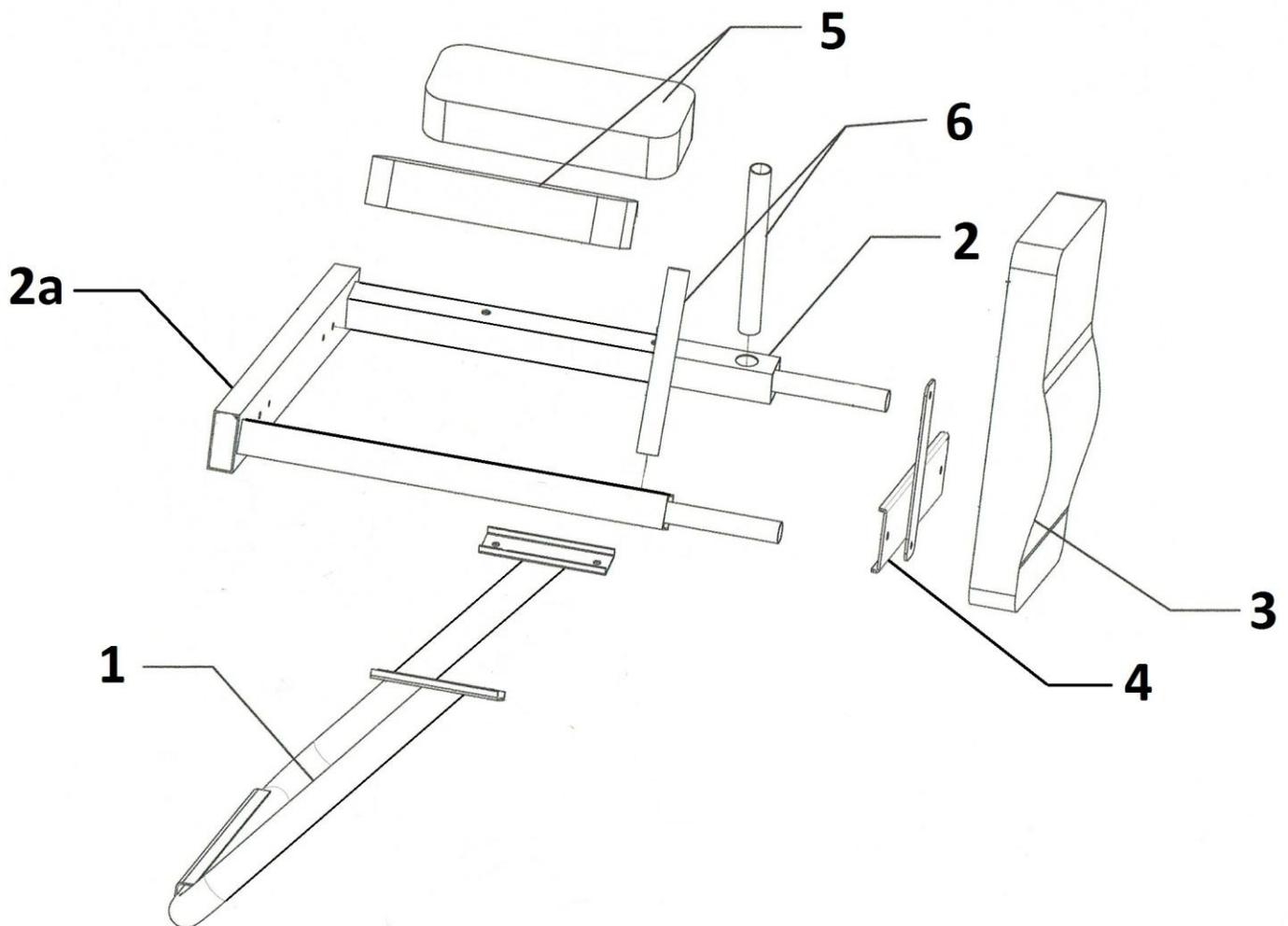
ULTIMATE BODY PRESS

Wall Mounted Dip Station

FOR YOUR SAFETY:

This dip station is designed to be mounted to wood frame walls with solid wood studs measuring 16 inches apart on center. This dip station should not be mounted to drywall alone or to thin walls. It is the user's responsibility to choose a secure location and properly install the dip station using the instructions provided. Tighten all bolts and carefully examine your installation to ensure that the dip station is securely fastened in place before attempting to use the dip station.

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this device, discontinue use and consult your physician immediately.



Tools Required:

- Power Drill
- 7/32 in. Drill Bit
- Socket Drive Adapter for power drill (Highly Recommended)
- 3/8 in. Socket
- 3/8 in. Open-End Wrench

Installation

Constructing Main Assembly

1. Attach the Support Bracket (Part #1) to the Dip Station Bracket (Part #2) using the four 1-inch hex bolts and a 3/8 inch open-end wrench. These two pieces together form the Main Assembly of the Dip Station.

Attaching Main Assembly to Wall

2. Find two studs measuring 16 inches apart on center using a stud finder or the hammer technique. If you are unsure how to find the studs, there are many videos online that illustrate both techniques.
3. Mark the location of the center of each stud.
4. Dip Station Height:
 - a. For most individuals, the Dip Station Bracket (Part #2) needs to be mounted between 4 and 5 feet off the floor. This will allow enough clearance for your feet to hang off the ground during dips and knee raises. To get the exact height for your needs, the pilot holes of the dip station bracket (Part #2) should be placed at mid-chest height. If multiple individuals are using this dip station, choose the mounting height for the tallest user. Too high is better than too low.
 - b. Measure the distance from the floor to your mid-chest and note it below.
 - c. NOTE YOUR SPECIFIC MOUNTING HEIGHT HERE _____
5. The Dip Station assembly is mounted to the wall using four 5-inch lag bolts.
6. Facing the wall and using the stud on the left side, mark the location of the first pilot hole using the predetermined height noted above.
7. Drill the first pilot hole to a depth of 3 inches using a 7/32 inch drill bit. **For easier installation, make sure your drill bit length, when installed on the power drill, is at least 3 inches.**
8. Insert the first 5-inch lag bolt and washer to the left side hole of the back plate of the dip station assembly (Part #2a).
9. Hold the assembly vertically in your left hand or over your left shoulder. Insert the bolt into the pilot hole and, using a power drill and Socket Drive Adapter, tighten the bolt about half way so that the assembly can be rotated to a horizontal position.
10. You will now use the assembly as a template to locate and mark the remaining three pilot holes.
 - a. Rotate the assembly to a horizontal position.
 - b. Place a level on top of the back plate.
 - c. Ensure that the assembly is level and, using a pencil, mark the position of the remaining three pilot holes.
11. Rotate the assembly out of the way and pre-drill the remaining three pilot holes.
12. Rotate the assembly back into place. Insert the remaining bolts and washers into the pilot holes and tighten each bolt about half way. Do not completely tighten the bolts until all four bolts have been started. Then tighten all bolts.
13. Pat yourself on the back. You have successfully mounted the dip station assembly to the wall.

Attaching Backrest, Arm Rests and Grips to Main Assembly

14. Locate the backrest (Part #3) and backrest mounting bracket (Part #4). Attach the back rest to the mounting plate using two 1-inch Allen bolts and washers. When installed correctly, the horizontal channel plate should be approximately 3 1/2 inches from the lower edge of the back rest. If the horizontal channel plate appears centered on the backrest, you have attached the bracket incorrectly.
15. Mount the horizontal channel plate to the back plate of the dip station bracket (Part #2a) so that the thicker lumber support area of the backrest is down, and attach the backrest assembly to the dip station assembly using two 1-inch Allen bolts and washers.
16. Locate the two armrests (Part #5). You will notice a seam on one end of the armrests. The seam should be facing to the back and is out of view when the arm rests are properly attached to the dip station assembly.
17. Attach the two armrest to the dip station assembly using 2-inch Allen bolts and washers.
18. Locate the vertical hand grips (Part #6). Insert them into the 1-inch holes in front of the armrest. Attach the grips to the dip station using 1-inch Allen bolts and washers.
19. Carefully examine your installation to ensure that all bolts are tightened and that the dip station is securely fastened to the wall.