
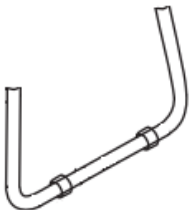

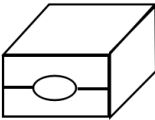



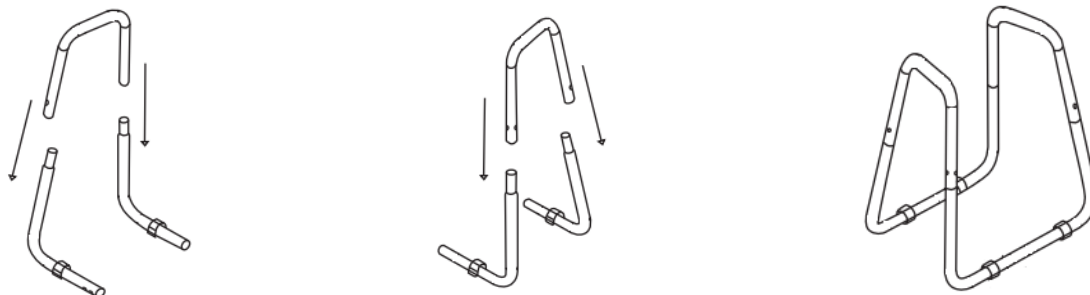
Power Dip Press

User's Manual

List of Parts				
				
Handle Tube *2pcs	Bottom Tube*2pcs	screw *8PCS	Non-skid Cover*4pcs	Screw for Non-skid Cover*16PCS

Assembly

1. Put the handle tube into the bottom tube. Screw the joint with Screw.
2. Put the non-skid cover to the bottom tube.



Safety instructions

- This sports equipment is solely designed for use in a private, indoor area. It must not be used as training equipment in professional fitness studios etc.
- No liability is taken in the case of damage or injury resulting from improper use or incorrect handling.
- We recommend that you consult your doctor before starting the training programme. This is particularly important for people over the age of 35 or for people who already have heart or cardiovascular health related problems.
- Pregnant women should be particularly cautious.