

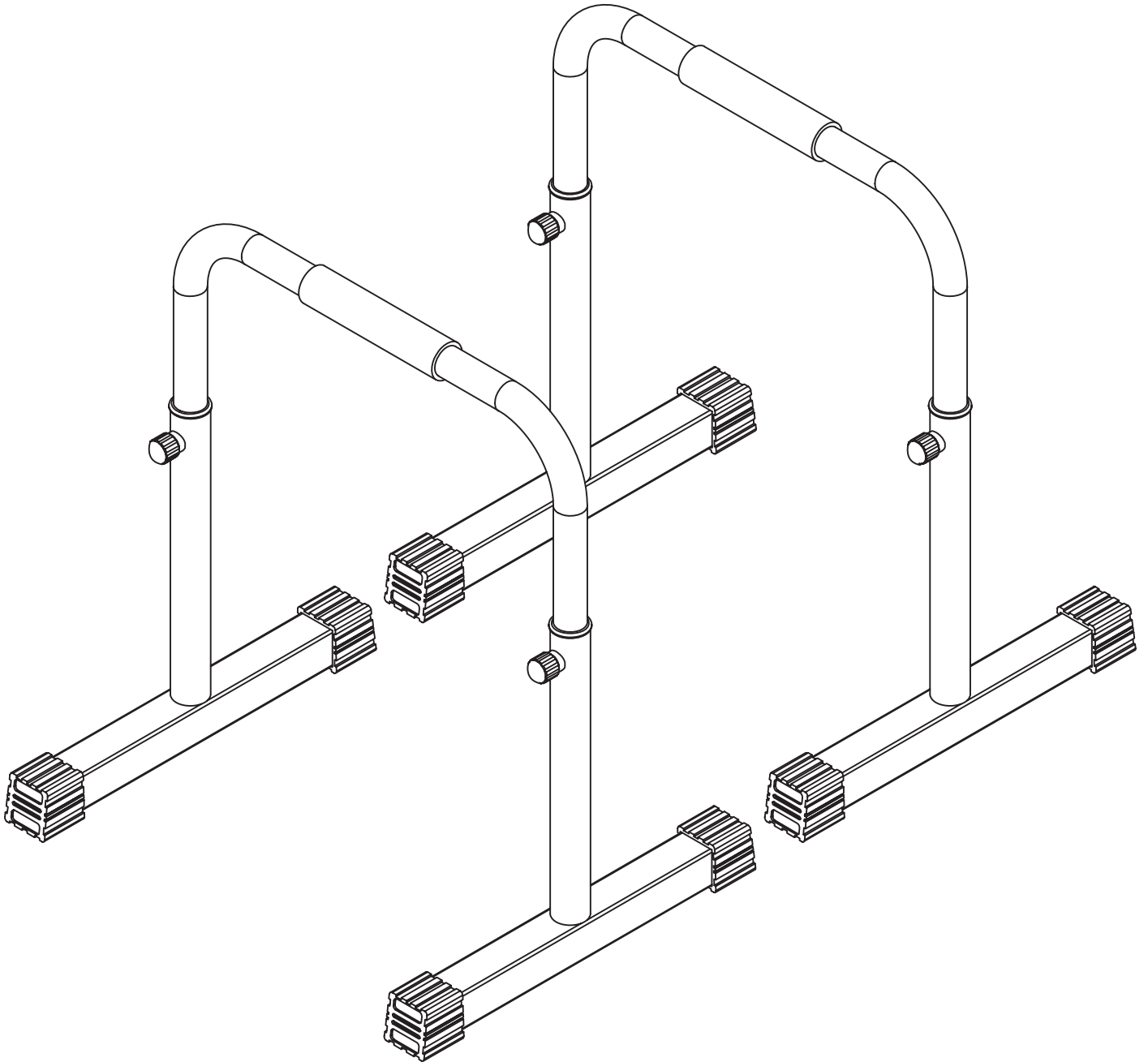


# ADJUSTABLE DIP BARS

SG2010

YOUR SPECIALIST IN THE FIELD OF CALISTHENICS & BODYWEIGHT TRAINING

# TECHNICAL DRAWING



# SAFETY INSTRUCTIONS

## SAFETY FIRST

We know you're excited to start using your equipment and get exercising, but taking a moment to ensure your safety is crucial. A brief lapse in attention or skipping simple safety precautions can lead to accidents. Here's how to stay safe:

### A. FOLLOW ASSEMBLY INSTRUCTIONS

Assemble the equipment as per the instructions using only the provided parts listed in the parts list. Before you start, verify that you have received everything as per the packing list.

### B. READ THE MANUAL

Thoroughly read, study, and understand the Owner's Manual and all warning labels on the product. Familiarize yourself and others with the proper operation and workout recommendations. This information is available in the Owner's Manual and from your local retailer.

### C. RETAIN THE MANUAL

Keep the Owner's Manual handy and ensure all warning labels remain legible and intact. If needed, replacement manuals and labels are available from your local retailer.

### D. GET ASSISTANCE

It's a good idea to have someone help you with the assembly of this product.

### E. CONSULT YOUR DOCTOR

Before starting any exercise program, consult with your physician and consider undergoing a complete physical examination.

### F. SUPERVISE CHILDREN

Use discretion when children are present to ensure they stay safe around the equipment.

### G. AVOID MOVING PARTS

Keep hands, limbs, loose clothing, and long hair away from moving parts to prevent injury.

### H. LIFT SMART

Do not attempt to lift more weight than you can safely handle.

### I. KNOW YOUR LIMITS

Work within your recommended exercise level and do not push yourself to exhaustion. If you feel any pain or discomfort, stop your workout immediately.

### J. INSPECT REGULARLY

Regularly check the equipment for signs of wear, loose hardware, or cracks in welds. Do not use the machine if any issues are found until they are repaired or replaced.

### K. KEEP AREA CLEAR

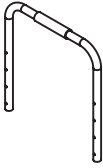
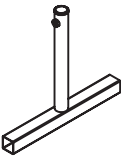


Do not place any sharp objects around the equipment to avoid damage or injury.



# PARTS LIST

## CHECK THE BOX

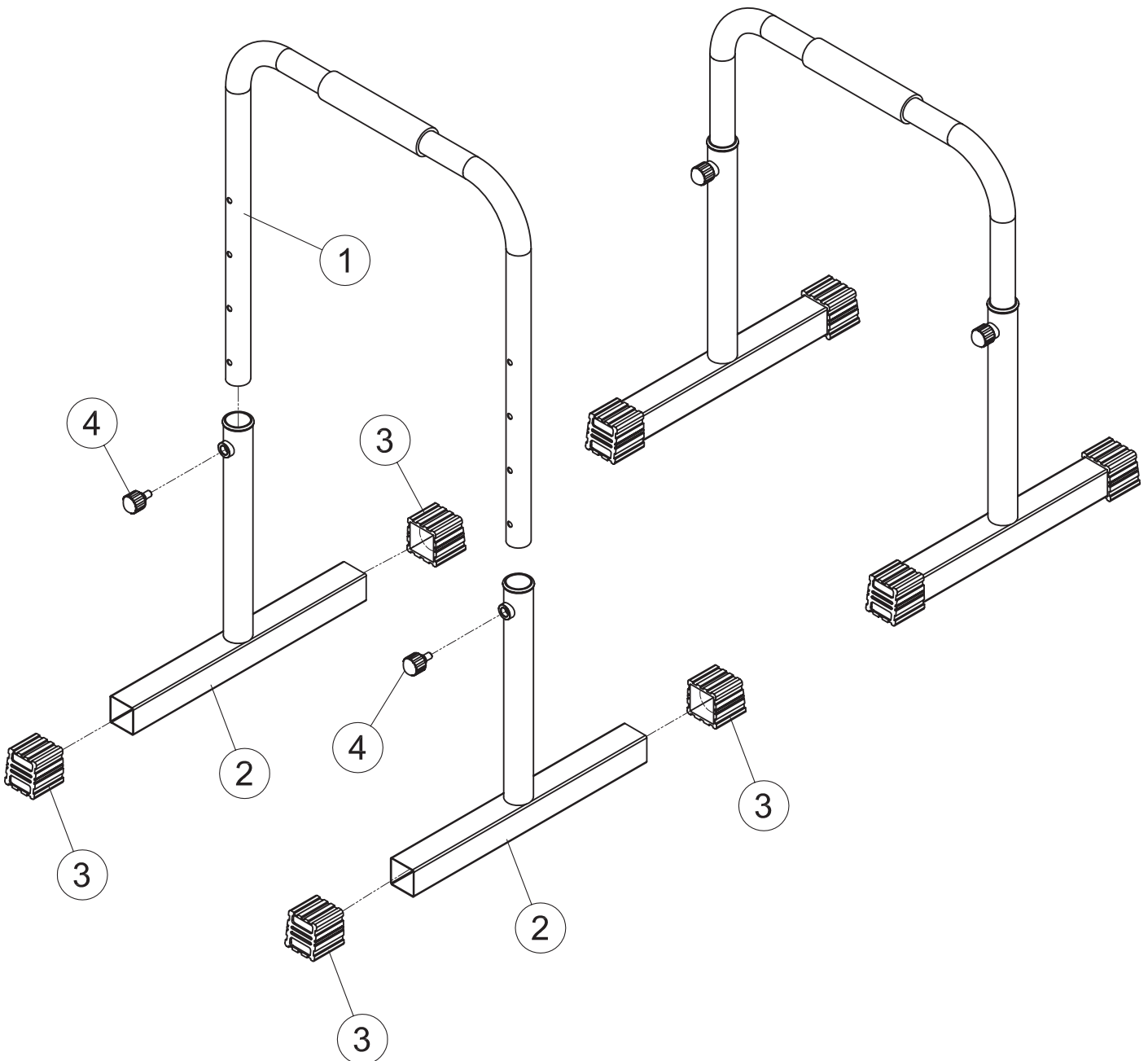
Before you start installing the StreetGains Dip Bars, check carefully whether the following parts are included.

Bar	Base	Square Cap	Pull Pin
<p>①</p>  <p>2 PCS</p>	<p>②</p>  <p>4 PCS</p>	<p>③</p>  <p>8 PCS</p>	<p>④</p>  <p>4 PCS</p>

# INSTALLATION

## ASSEMBLE THE FRAME

- Slide the two square caps (3) onto the base (2).
- Repeat this for the second base.
- Screw the pull pin (4) in the base.
- Repeat this for the second base.
- Pull the pin out and slide the bar (1) in the bases.
- Repeat this process for the other dip bar.



## TEST THE INSTALLATION

- Carefully apply pressure to the dip bars to ensure it is securely mounted.
- Gradually perform a controlled dip to test its stability.

## TIPS

- Before using the dip bars and after adjusting the height, always ensure that all components are securely fastened.





**NEED OUR HELP?**

**CONTACT OUR CUSOTMER SERVICE  
AT [INFO@STREETGAINS.NL](mailto:INFO@STREETGAINS.NL)**



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