

SQSDR-1



Multi-Function Barbell Rack Dip Stand

USER GUIDE

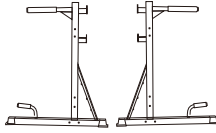
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

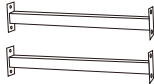
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet (120 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 500 LBS (225KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

WHAT'S IN THE BOX:

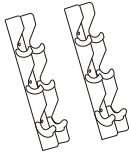
A. 2* Upright Post



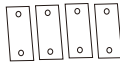
B. 2* Center Brace Bar



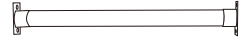
C. 2* Dumbbell Holder



D. 4* Center Brace Bar Bracket



E. 1* Wooden Bar



F. 12* M10 70mm Bolt



G. 6* M8 30mm



H. 12* M10 Lock Nut



I. 24* Washer



J. 1* 8mm Open End Wrench

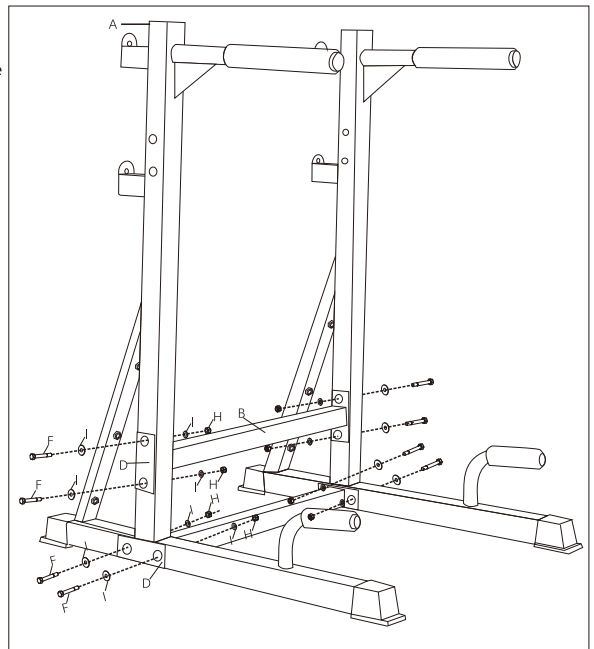


K. 1* 10mm Open End Wrench



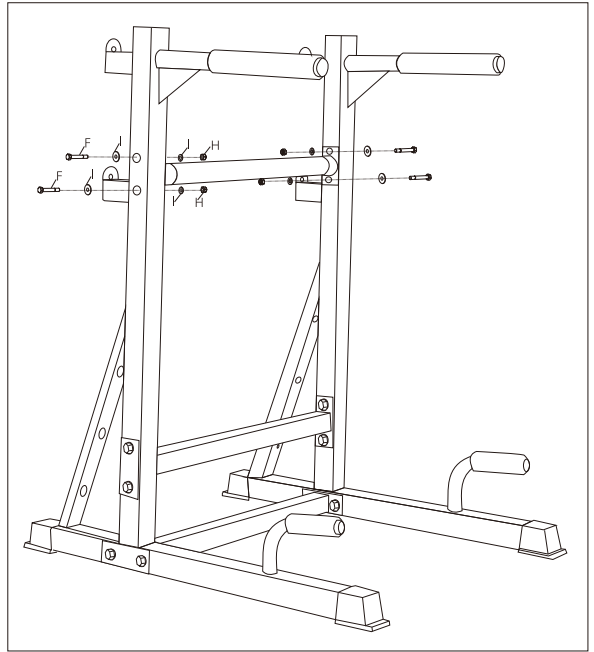
ASSEMBLE INSTRUCTIONS:

- 1. Attach 2 Upright Posts (No. A) onto 2 Center Brace Bars (No. B) with 4 Center Brace Bar Brackets (No. D) Using 8 M10* 70mm Bolts (No. F), 8 M10 Lock Nuts (No. H), 16 Washers (No. I). Secure with 10mm Open End Wrenches (No. K). Do not tighten the 8 M10* 70mm Bolts (No. F) during this step.



- 2. Attach Wooden Bar (No. E) onto 2 Upright Posts (No. A) using 4 M10* 70mm Bolts(No. F), 4 M10 Lock Nuts (No. H), 8 Washers (No. I). Secure with 10mm Open End Wrenches (No. K).

Check and firmly tighten all the bolts from STEP 1 & STEP 2



- 3. Install 2 Dumbbell Holders (No. C) onto 2 Upright Posts (No. A) as picture shown using 6 M8* 30mm Bolts(No. G). Secure with 8mm Open End Wrenches (No. J).

