

# CHIN UP STATION

KC: 42994800



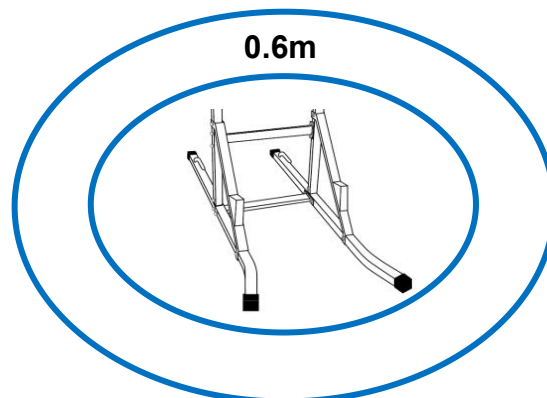
**WARNING! READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT. FAILURE OR INCORRECT OR EXCESSIVE TRAINING MAY CAUSE INJURIES.**

## Safety Information

Please read this manual carefully before using and make sure that you read the information supplied before commencing any exercise with this equipment.

1. Please consult a doctor before commencing any exercise with this equipment and if you develop any uncommon symptoms during use you should seek further medical advice.
2. The equipment must be placed on a hard, flat surface, cover the floor with carpet to prevent damage to the ground.
3. Periodically checking all the parts for signs of wear or damage. If you find defective parts, stop use immediately, make sure all problems are solved prior to continuing to use.
4. While using, please wear suitable clothes and closed toe shoes for training to avoid anything getting caught in the equipment.
5. Check all parts first before doing exercises. Tighten all the bolts and nuts on a regular basis and never operate the equipment if it is not functioning properly.
6. You can mount and dismount on the equipment safely from the step by holding onto the handle of the parallel bars.
7. Keep children away from the equipment unless they are supervised by an adult.
8. Create a realistic training plan before use, and use this product according to the instructions of use in this instruction manual.
9. Product is in compliance with EN 20957-1 CLASS HC. Suitable for domestic home use only.

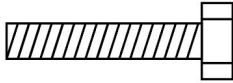
**Warning! please keep a safety distance of 0.6m around the training area during exercise.**



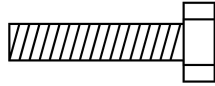
## Technical Parameters

Overall size	150 x 106 x 212cm	Maximum user weight	100kg
Product total surface	1.59m <sup>2</sup>	Product total weight	28.3kg

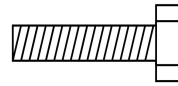
## Hardware list



Bolt M10 x 75mm  
A x 4pc



Bolt M10 x 70mm  
B x 18pc



Bolt M10x65mm  
C x 2pc



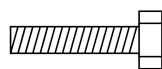
Washer M10  
D x 56pc



Nut M10  
E x 28pc



Bolt M8 x 70mm  
F x 4pc



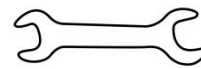
Bolt M8 x 40mm  
G x 2pc



Washer M8  
H x 6pc



Bolt M10 x 20mm  
I x 4pc



Wrench 14/17mm  
J x 2pc



plastic cover  
K x 2pc

## Parts list



Left base  
L x 1pc



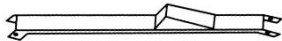
Right base  
M x 1pc



Connection tube  
N x 2pc



Low pole  
O x 2pc



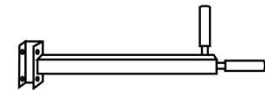
Strengthen pole  
P x 2pc



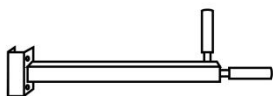
Upper pole  
Q x 2pc



Connection tube  
R x 1pc



Right overarm tube  
S x 1pc



Left overarm tube  
T x 1pc



Hang up bar  
U x 1pc



Back foam  
V x 1pc

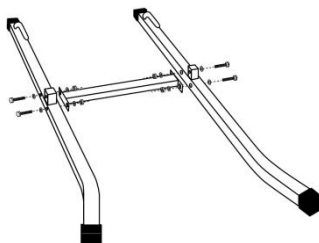


Armrest foam  
W x 2pc

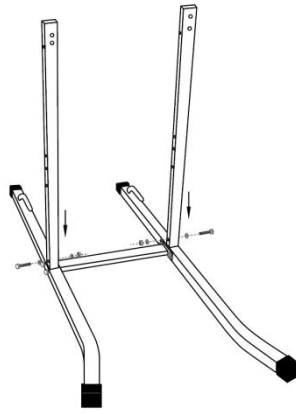
## Assembly Instructions

**Note: To assemble easily and successfully, please keep the bolts 70% of tightness while installing the parts, then fasten all the bolts and nuts fully by wrench (Hardware J) after fully assembled.**

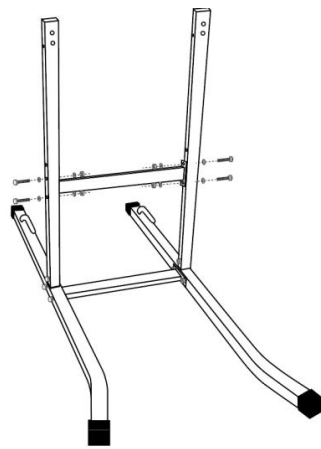
Step 1. Connect the left & right base (Part L, M) and connection tube (Part N) together, and secure them with bolts, washers and nuts (Hardware B,D,E)



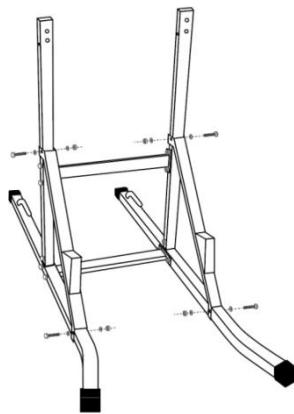
Step 2. Insert 2pcs low poles (Part O) to the part of step 1, then secure them with bolts, washers and nuts (Hardware B,D,E).



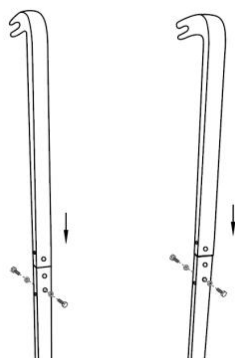
Step 3. Connect the connection tube (Part N) and the part of step 2 together, secure them with bolts, washer and nuts (Hardware B,D,E).



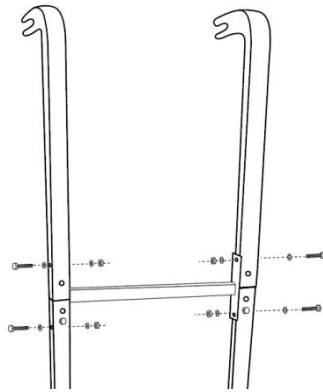
Step 4. Connect the 2pcs strengthen poles (Part P) and the part of step 3 together, secure them with bolts, washers and nuts (Hardware B,D,E).



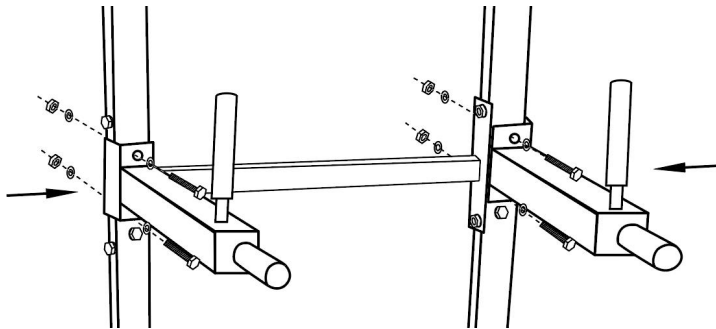
Step 5. Insert the 2pcs upper pole (Part Q) into the part of step 4, then secure them with bolts and washers (Hardware I,D).



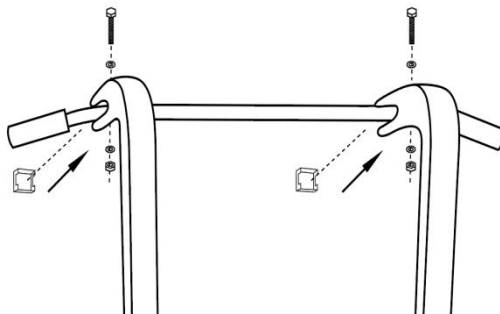
Step 6. Connect connection tube (Part R) with the part of step 5 together, then secure with bolts, washers and nuts (Hardware B,D,E).



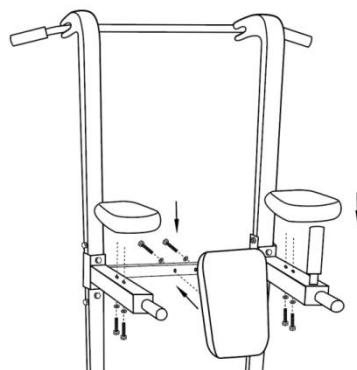
Step 7. Connect right & left overarm tube (Part S & T) with the part of step 6 together, then secure them with bolts, washers and nuts (Hardware A,D,E).



Step 8. Insert the hang up bar (Part U) into the tube of upper pole and ensure the holes are kept in line with each other, then secure them with bolts, washers and nuts (Hardware C,D,E). Place 2pcs plastic cover (Hardware K) at the end of tube after assembling the hang up bar.



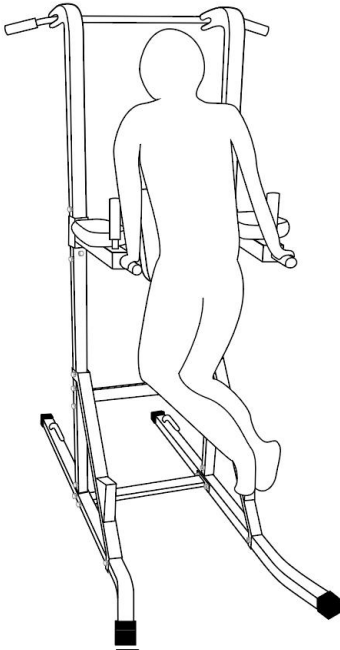
Step 9. Connect the back foam (Part V) and armrest foam (Part W) with the part of step 8 together, then secure them with bolts and washers (Hardware F,G,H). Then product assembled completely.



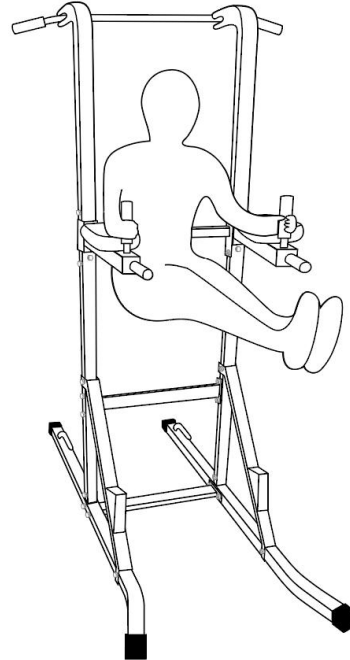
## Exercise Instructions

A successful exercise program consists of a warm-up, aerobic exercise and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workout to four or five times per week. Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and heart rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce muscle soreness.

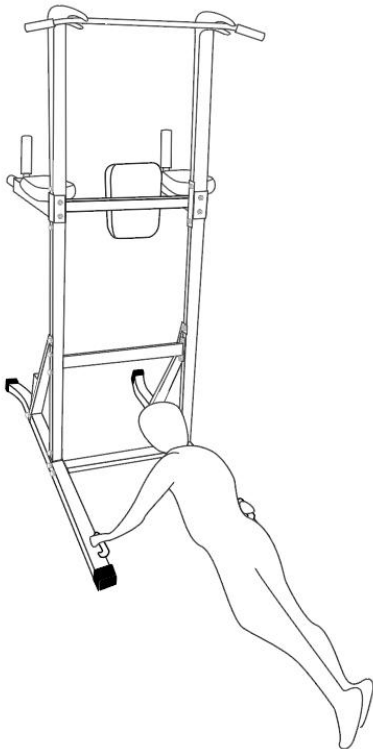
Please reference below images to do exercise according to your request.



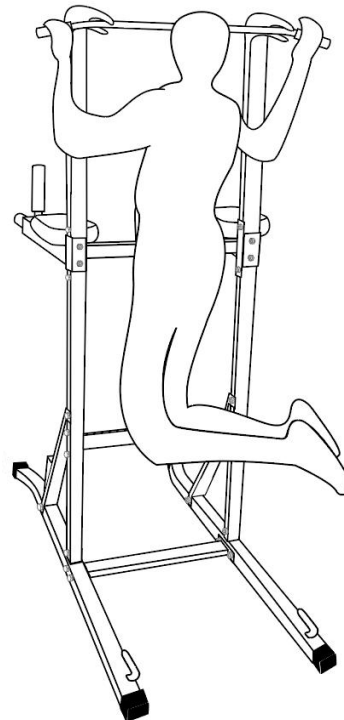
Parallel Bar Arm Lift



Parallel Bar Leg Lift



Push UP



Chin Up

## Care & Maintenance Instructions

1. Proper use of the equipment can increase its service life.
2. Screws will get loose after exercise, so please check and tighten the screws properly every week so as to avoid any possible damage to the equipment or personal injury.
3. Special pay attention to the armrest foam which is the most susceptible to wear and tear.
4. Wipe clean with damp cloth. Do not use abrasive cleaning materials or solvents.
5. Keep this equipment safely away from children when not in use.
6. Always store the equipment on a flat surface and in a dry and well ventilated area.

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