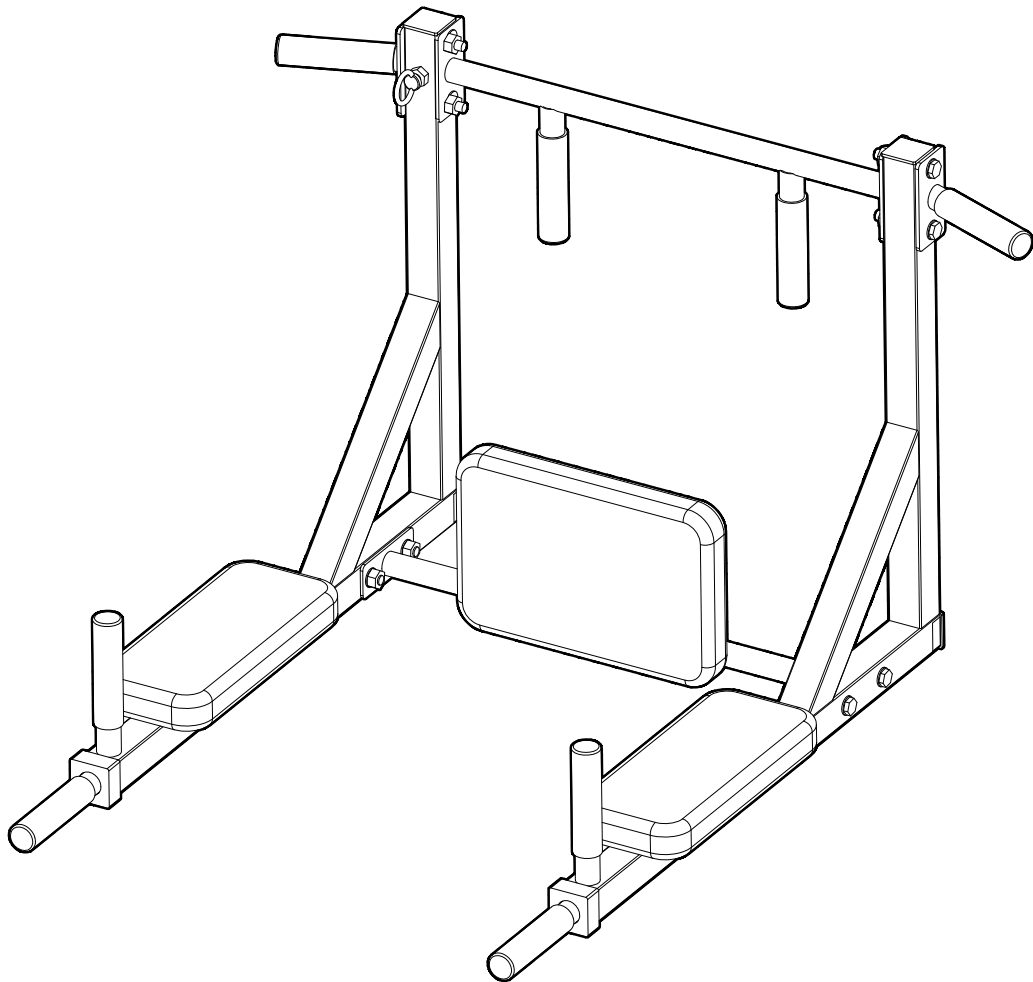


GYMSTICK™

PULL UP & DIP RACK

USER MANUAL



Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

Thank you for choosing the Gymstick Pull-Up & Dip Rack. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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DISCLAIMER: The manufacturer and its associates and partners have no liability, obligation or responsibility to any persons or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.

SAFETY INSTRUCTIONS

WARNING! To reduce the risk of serious injury, read the following safety instructions before using this product.

IMPORTANT! This device is intended for home use only.

1. Keep children and pets away from this equipment at all times. This product is not a toy. Do NOT allow children to play with this product.
2. The device should be used by only one person at a time.
3. Use the device only as described in the manual and only as a fitness product.
4. Make sure that you are using right kind of screws for mounting the product into wall. If you are unsure how or where to mount this product please consult a professional.
5. Always make sure all bolts and nuts are tightened prior to each use. Also make sure that the installation hooks are securely fastened to wall.
6. Before using this equipment, always do stretching exercises to properly warm up.
7. Store indoors in a dry place and away from the sunlight. Do not use product outdoors.
8. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. Consult a physician immediately.
9. Maximum user weight **120 kg**

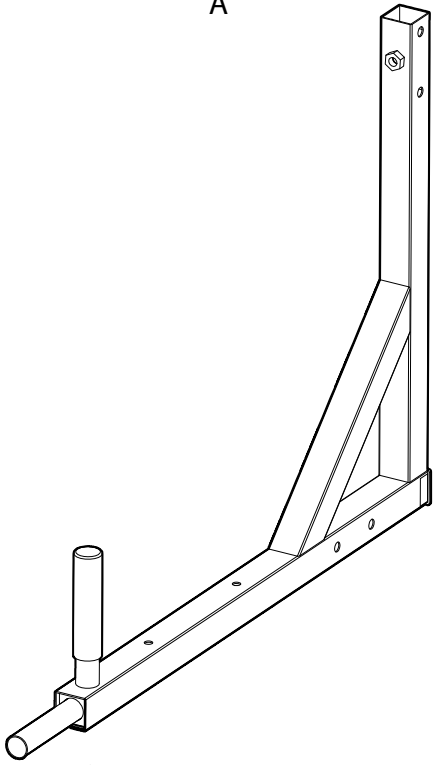
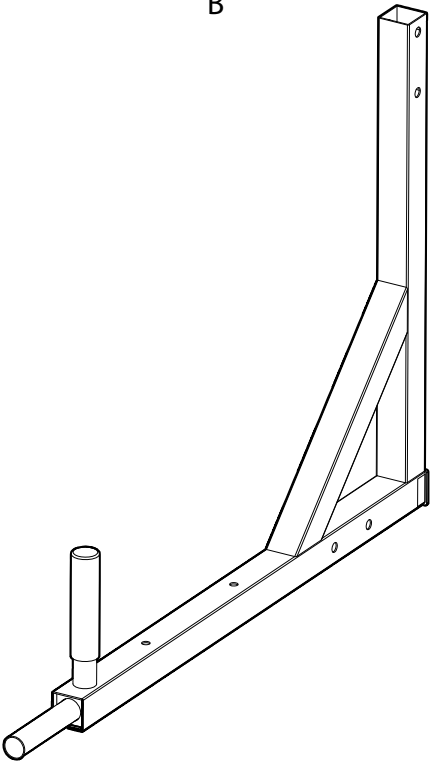
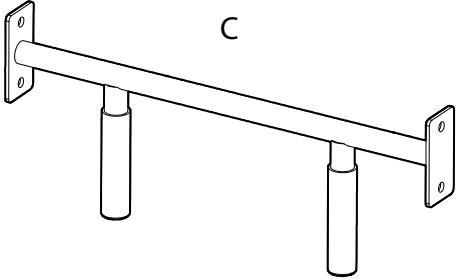
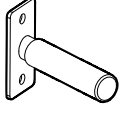
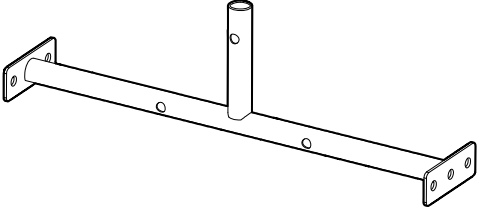
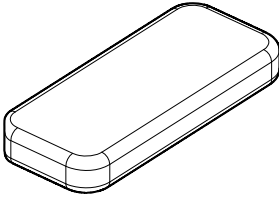
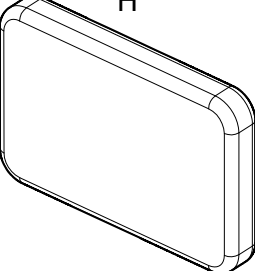



WARNING

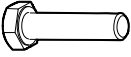
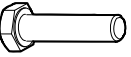
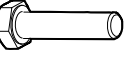
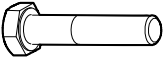
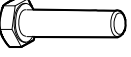




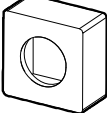
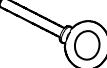
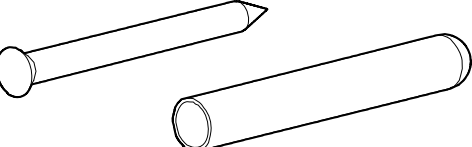



Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam.

This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness.

HARDWARE LIST

<p>A</p>  <p>Left Support Frame x 1pc</p>	<p>B</p>  <p>Right Support Frame x 1pc</p>
<p>C</p>  <p>Middle Handle Bar x 1pc</p>	<p>D</p>  <p>Handle Bar Tube x 2pcs</p>
<p>E / F</p>  <p>Back Cushion Tube with Back Cushion Vertical Pipe x 1pc</p>	<p>G</p>  <p>Pad x 2pcs</p>
<p>H</p>  <p>Back Cushion x 1pc</p>	<p>I</p>  <p>Installation Hook x 4pcs</p>

HARDWARE LIST

<p>No.1</p>  <p>(M8x50mm) Bolt x 4pcs</p>	<p>No.2</p>  <p>(M10x55mm) Bolt x 4pcs</p>	<p>No.3</p>  <p>(M10x60mm) Bolt x 4pcs</p>
<p>No.4</p>  <p>(M8x40mm) Bolt x 3pcs</p>	<p>No.5</p>  <p>(M10x40mm) Bolt x 1pc</p>	<p>No.6</p>  <p>(M8) Washer x 4pcs</p>
<p>No.7</p>  <p>(M10) Washer x 16pcs</p>	<p>No.8</p>  <p>(M8) Washer x 3pcs</p>	<p>No.9</p>  <p>(M10) Curved Washer x 1pc</p>
<p>No.10</p>  <p>Hollow Sleeve x 2pcs</p>	<p>No.11</p>  <p>(M10) Bolt Hook x 1pc</p>	<p>No.12</p>  <p>(M8x70mm) Tapping Screw Set x 8pcs</p>
<p>No.13</p>  <p>(38x38mm) Square Pip Plug x 4pcs</p>	<p>No.14</p>  <p>(ø25) Handle Bar x 8pcs</p>	<p>No.15</p>  <p>(ø25) Round Plug x 1pc</p>

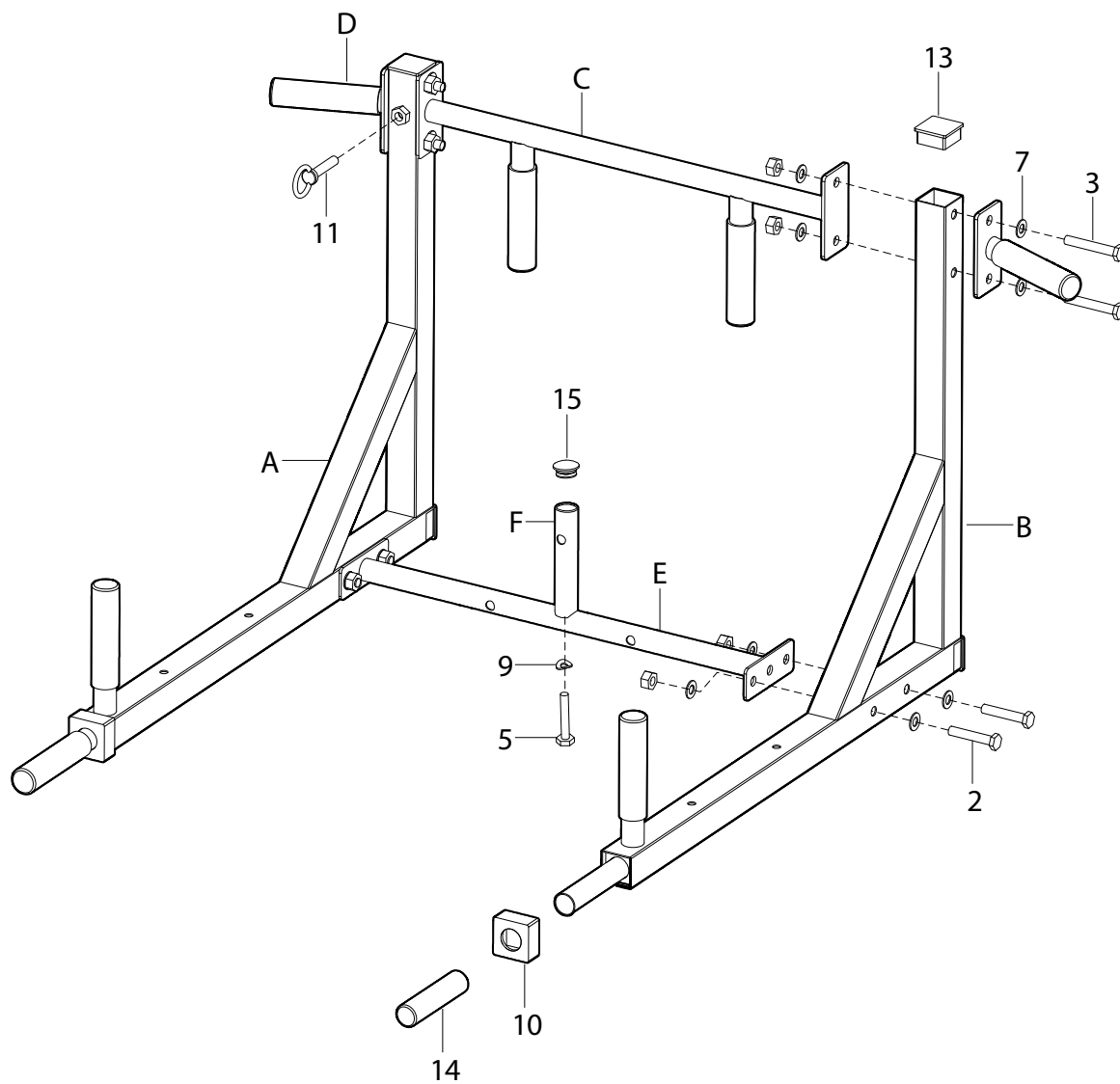
ASSEMBLY STEPS

COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING ON TO THE NEXT.

ASSEMBLE WITH NUTS AND BOLTS LOOSE AT FIRST.

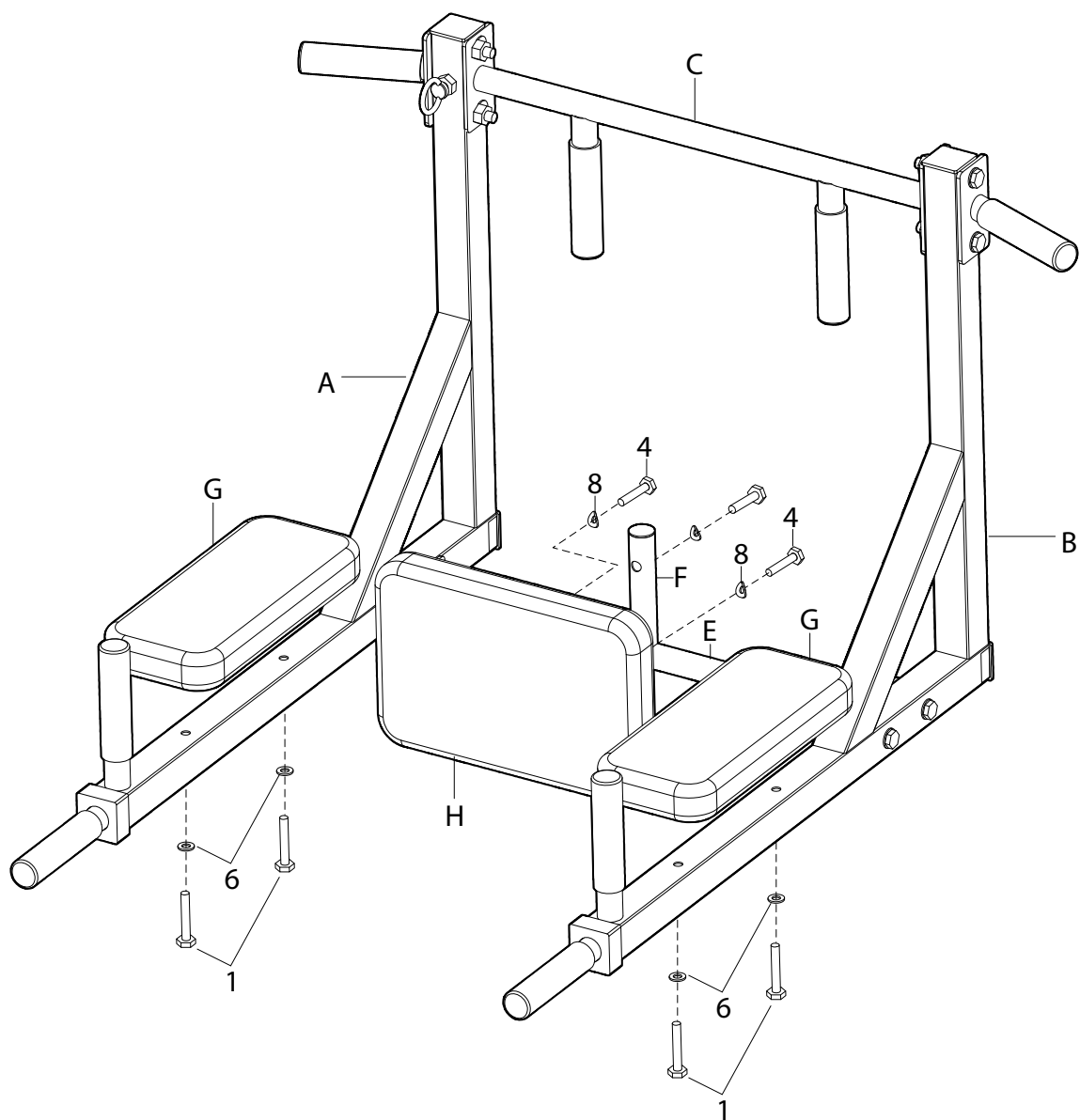
TIGHTEN ALL BOLTS AND NUTS AFTER COMPLETING ALL ASSEMBLY STEPS.

STEP 1



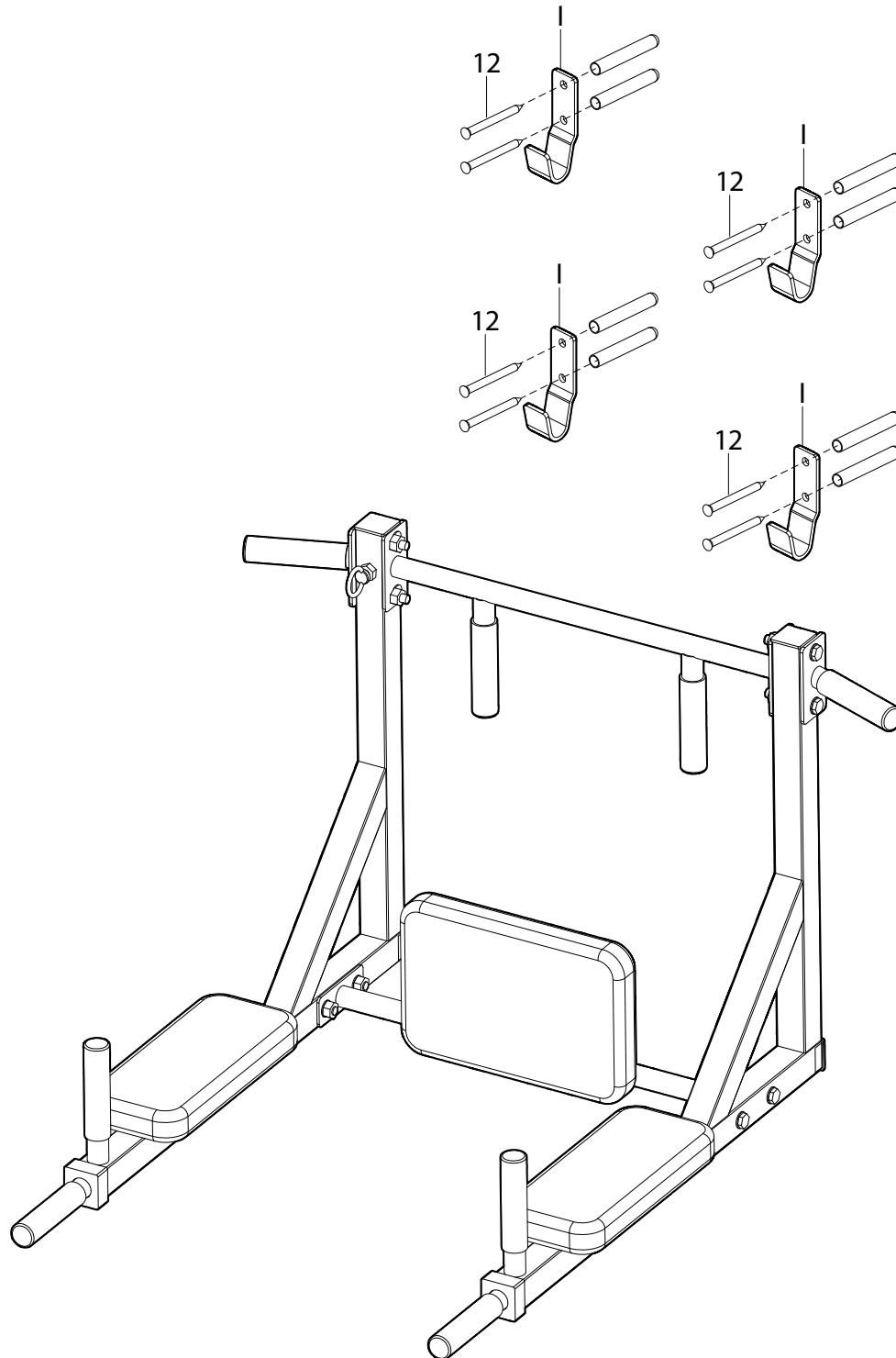
ASSEMBLY STEPS

STEP 2

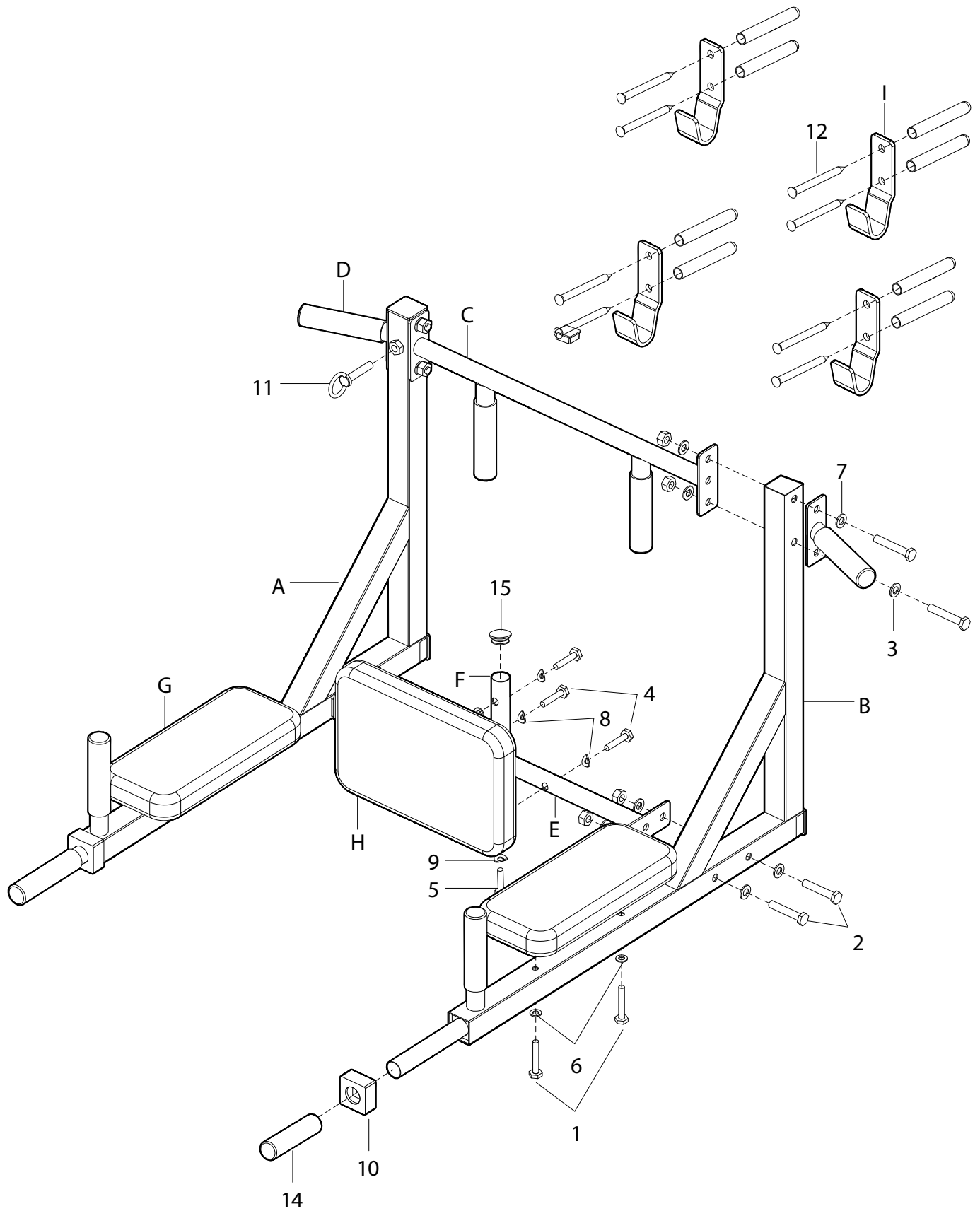


ASSEMBLY STEPS

STEP 3



EXPLODED DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
A	Left Support Frame	1	1	Bolt (M8x50mm)	4
B	Right Support Frame	1	2	Bolt (M10x55mm)	4
C	Middle Handle Bar	1	3	Bolt (M10x60mm)	4
D	Handle Bar Tube	2	4	Bolt (M8x40mm)	3
E	Back Cushion Tube	1	5	Bolt (M10x40mm)	1
F	Back Cushion Vertical Pip	1	6	Washer (M8)	4
G	Pad	2	7	Washer (M10)	16
H	Back Cushion	1	8	Washer (M8)	3
I	Installation Hook	4	9	Curved Washer (M10)	1
			10	Hollow Sleeve	2
			11	Bolt Hook (M10)	1
			12	Tapping Screw Set (M8x70mm)	8
			13	Square Pip Plug (38x38mm)	4
			14	Handle Bar (ø25)	8
			15	Round Plug (ø25)	1

IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels, pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured for:
Gymstick International Oy
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15170 Lahti, FINLAND