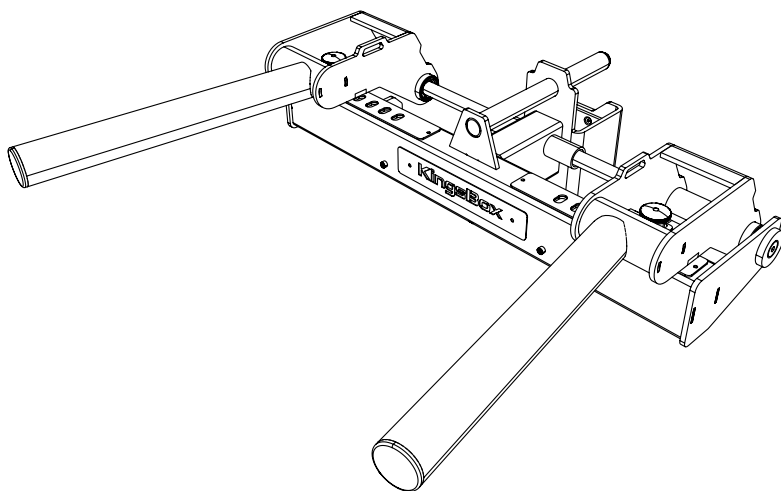


Mighty Adjustable Dip Bar

(KB05MI-230)



Manufacturer:
Kingsbox d.o.o.
Bazoviška 7a, 6210 Sežana
Slovenia

KingsBox®
BUILDING BETTER HUMANS

Customer service:

Write us on info@kingsbox.com or send us a message through our website at www.kingsbox.com/help

Usage class:

Indoor use - Studio (S)

Designed in compliance with:

ISO 20957

Gym owner shall provide the user with all the warnings and instructions. The training equipment shall only be used in areas where access, supervision and control is specifically regulated by the owner.

Warnings:

- Freestanding equipment shall be installed on a stable and levelled base
- All equipment designed with anchoring/attachement holes (e.g. rigs, racks, equipment and accessories for racks, storage pins/shelves, etc.) should be securely screwed to the fixed ground/wall/structure through all the designated fixing holes and with appropriate sized screws.
- Injuries to health may result from incorrect or excessive training
- Keep unsupervised children away from the equipment

Maximum user body mass: 130 kg

Maximum training mass ⁽¹⁾: 50 kg

⁽¹⁾ Training mass - achieved through different means of resistance (weight plates, stacked weights, dumbbells, elastic cords, etc.), excluding user's bodyweight.

WARNING!

Equipment installed on the rigs and racks:

The structure (rig/rack) onto which the equipment is attached **MUST** be securely anchored into the ground, otherwise a high risk of structure overturning exists.

Failure to do so presents a high risk of injuries that could eventually lead to death of the people exercising or present near the equipment.

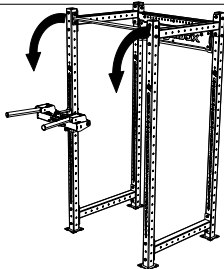
The fixing bolts for wall and / or floor are not included in the package, since different types of anchor bolts must be used for different wall / floor types.

WARNING!

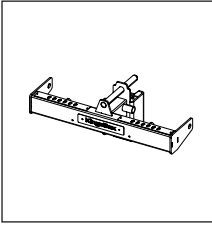
Equipment installed on the wall:

The equipment **MUST** be securely anchored to an appropriate wall (stable concrete wall in good condition) to avoid any failure of the equipment during exercise (such as equipment detaching from the wall, wall damage, wall collapse etc.).

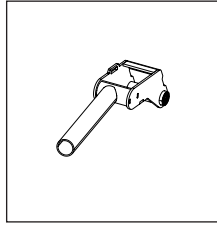
WARNING!
DANGER OF OVERTURNING!
ANCHOR THE STRUCTURE INTO THE GROUND



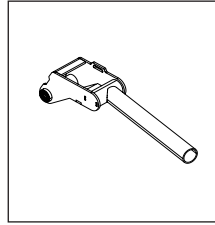
Assembly elements:



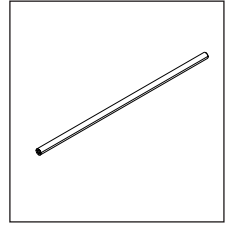
Position 1
Adj. Dip Bar Base (1x)



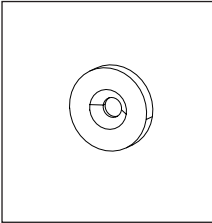
Position 2
Handle RH (1x)



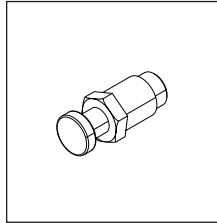
Position 3
Handle LH (1x)



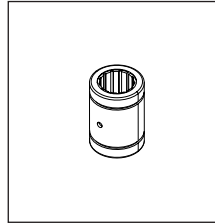
Position 4
Guide f120 (1x)



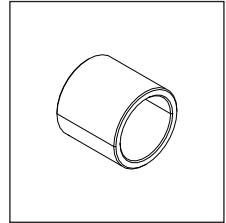
Position 5
Washer f145 (2x)



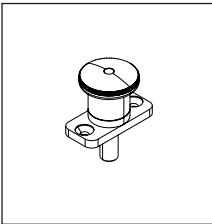
Position 6
Index Plunger M30x1.5 (1x)



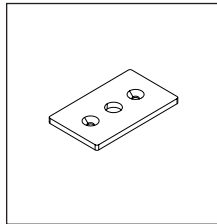
Position 7
Slide Bushing f120 (4x)



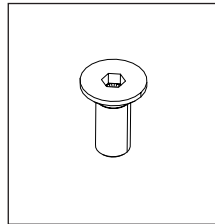
Position 8
Spacer f130x3 (2x)



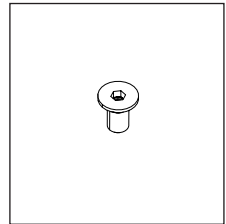
Position 9
Mini Index Plunger (2x)



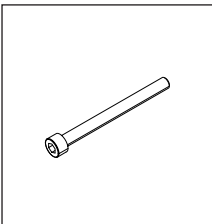
Position 10
Adj. Dip Bar Plastic (2x)



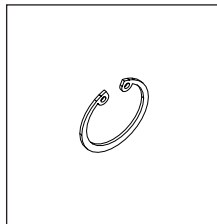
Position 11
Flat Head Screw M10x20 (2x)



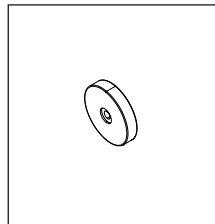
Position 12
Flat Head Screw M5x10 (12x)



Position 13
Hex Socket Screw M5x55 (2x)

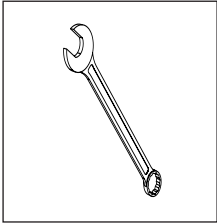


Position 14
Snap Retain Ring f132 (4x)



Position 15
Magnet (2x)

Tools needed:



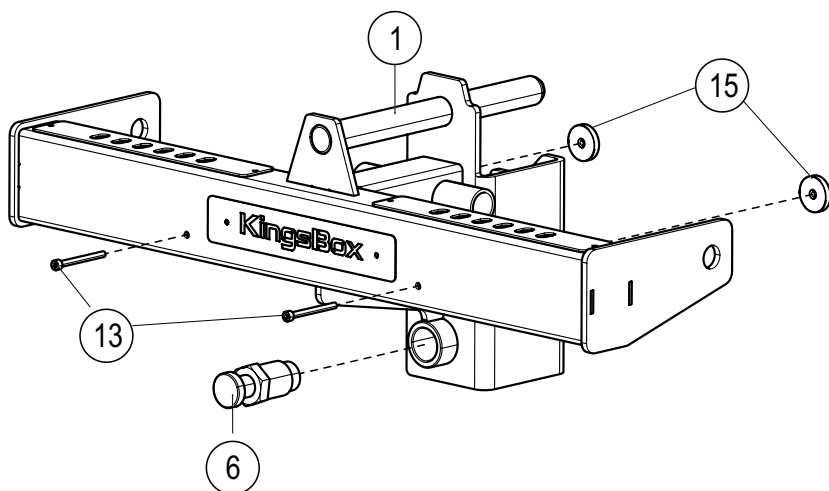
Wrench 17
1x



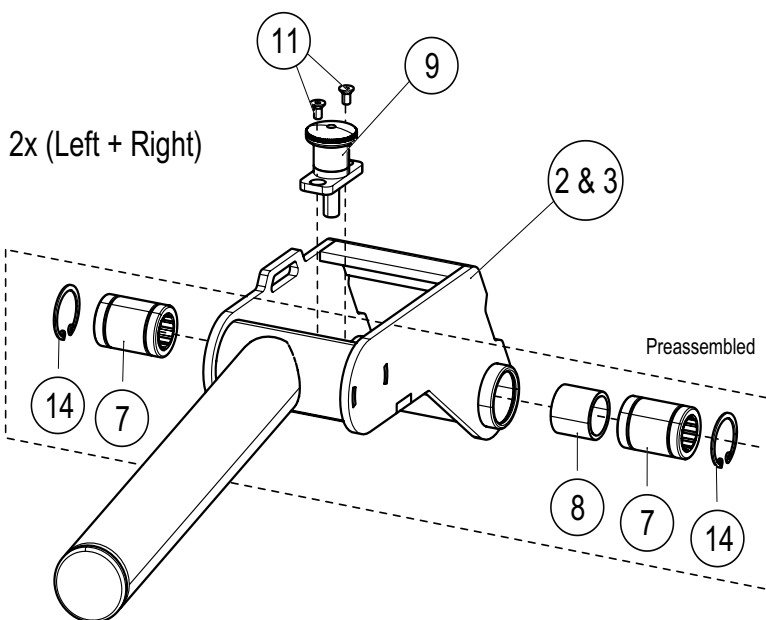
Allen Key 3mm
1x

Assembly instruction:

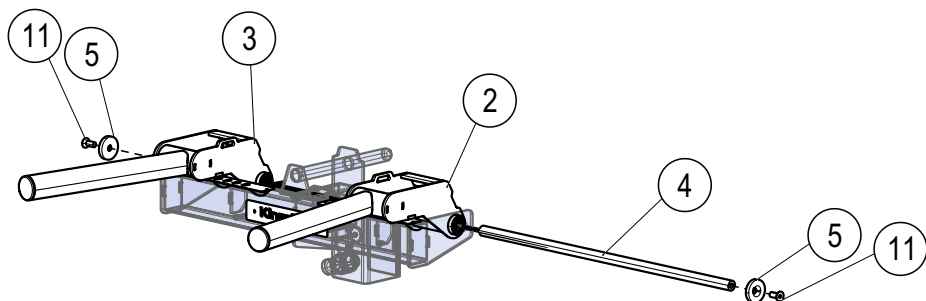
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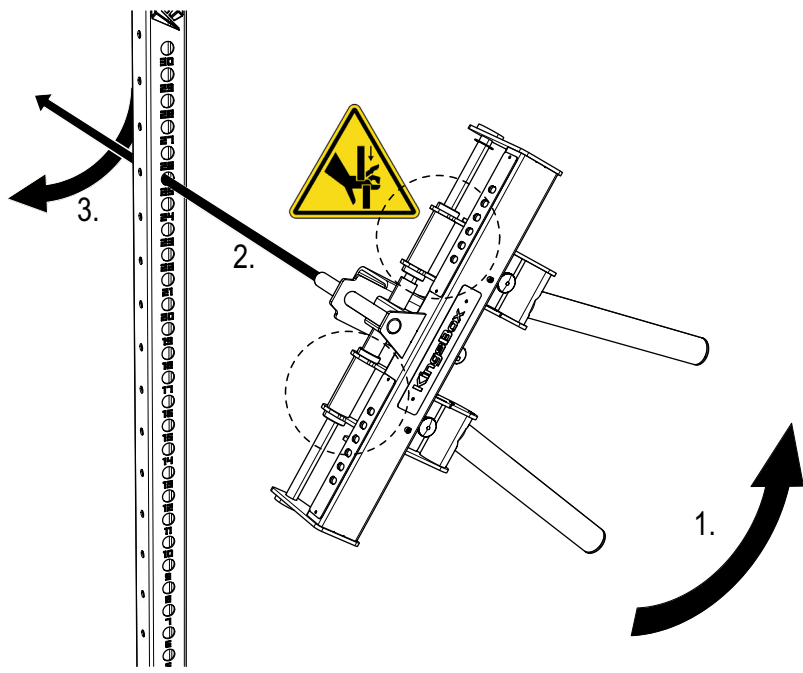
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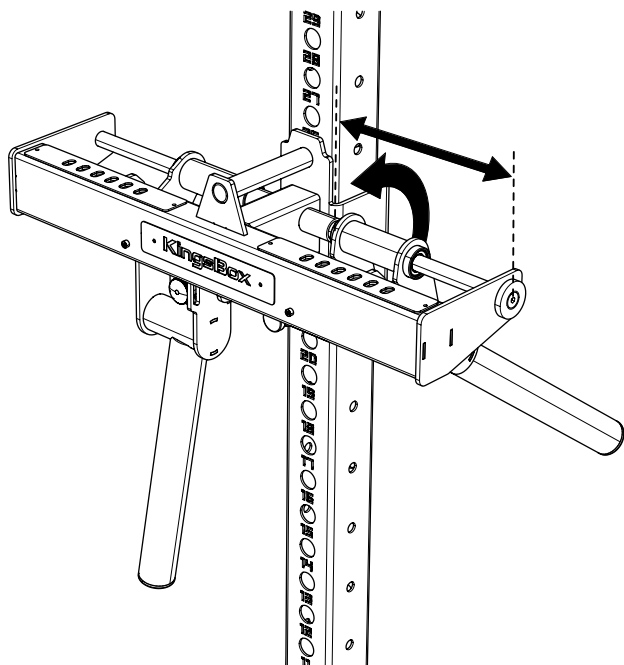
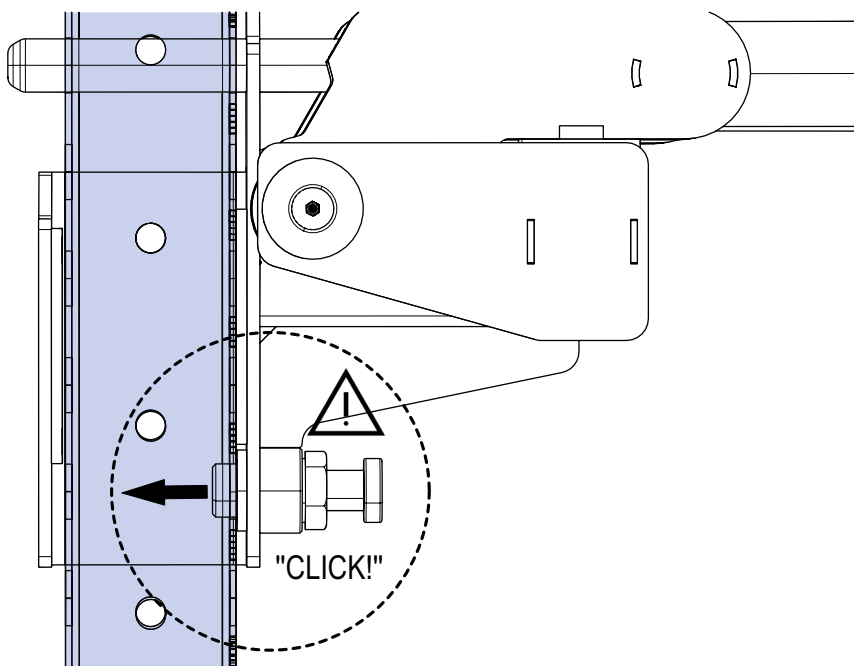


3

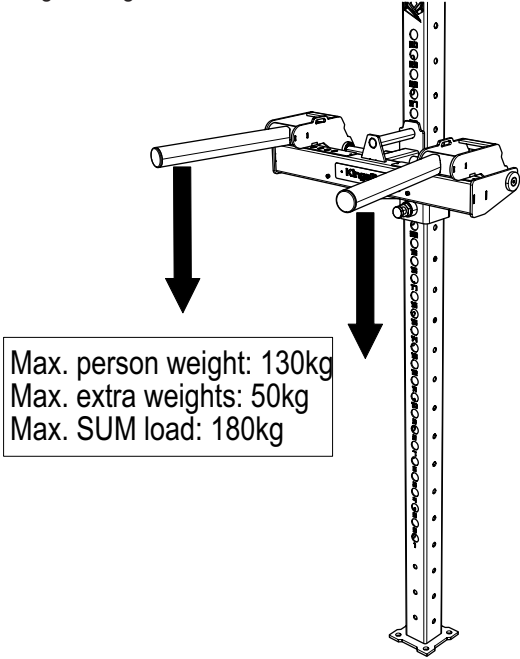


Instructions for use:

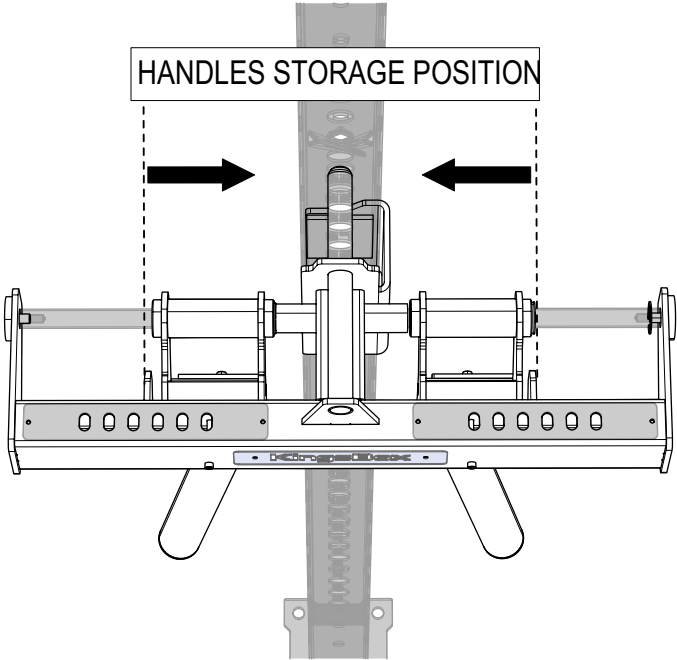




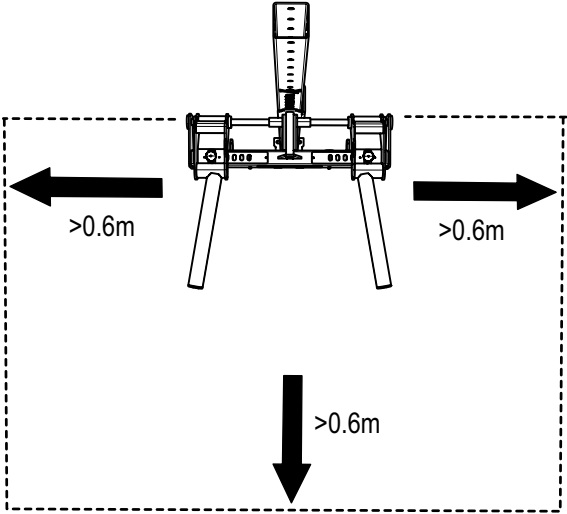
Max. loading/ training mass:



Storage:



Free area around the training equipment should be $>0.6\text{m}$ than the training area in the direction from which the equipment is accessed.



Maintenance Instructions for The Mighty Adjustable Dip Bar

To ensure the longevity and safe use of your Mighty Adjustable Dip Bar, please follow these maintenance guidelines regularly:

1. Cleaning the Guides:

- Wipe down the adjustment guides and sliding parts regularly with a clean, dry cloth to remove dust and debris.
- Avoid using harsh chemicals or abrasive cleaners.

2. Lubrication:

- Apply a small amount of silicone oil to the guides and moving joints periodically to ensure smooth adjustment and prevent wear.
- Wipe off any excess oil after application.

3. Bolt Tightness Check:

- Regularly inspect all bolts and fasteners to ensure they are securely tightened.
- Retighten any loose bolts using the appropriate tools.

4. Spring Pin Functionality:

- Check the spring pin frequently to make sure it engages and releases smoothly.
- Clean and lightly lubricate the pin area if necessary to maintain proper function.

5. General Care:

- Store the dip bar in a dry place away from moisture and direct sunlight. Product is designed to be used indoors only.
- Do not overload the equipment beyond its specified weight limit.