

RETRACTABLE DIP BARS

PARTS: Left Dip Bar, Right Dip Bar, 4 bolts with self-locking nuts
NOTE: Assembly requires 5 mm Hex Wrench, 10 mm or Open Wrench and Star Head Screwdriver (not included)



ACCESSORY IN USE



ATTACHMENT INSTRUCTIONS

NOTE: To install, you will need a 5 mm Hex Wrench, 10 mm or Open Wrench and a Star Head Screwdriver (not included). **TO BEGIN INSTALLATION:** Remove the bolts and nuts from the Dip Bars. **STEP 1.** Fold your unit and remove the glideboard as explained in the Owner's Manual. **STEP 2.** Partially unfold the rails as shown. **STEP 3.** Using a 5 mm Hex Wrench, remove

the 6 mm Hex Screw just below the rail hinge on the left side and put aside. **STEP 4.** Slide the left Dip Bar onto the hinge cross bar and align the holes. **STEP 5.** Using a 5 mm Hex Wrench install the 6 mm Hex Screw removed in **STEP 2** through the hole in the Dip Bar and into the rail. **DO NOT TIGHTEN COMPLETELY.** Insert the supplied bolts with self-locking nuts through the hinge cross bar and tighten completely using a Star

Head Screwdriver and either a 10 mm or Open Wrench to hold the nut so it doesn't turn while tightening. Finish by completely tightening the 6 mm Hex Screw into the rail. **REPEAT STEPS 2 - 5** on the Right Dip Bar. **STEP 6.** Check that the Dip Bars extend and retract correctly. Then, replace the glideboard as explained in the Owner's Manual.

