

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 Total Gym® 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.

