

Retractable Dip Bars

PARTS: Left Dip Bar, Right Dip Bar, 6 mm hex screw, 4 bolts with self-locking nuts *NOTE: Assembly requires 5 mm Allen Wrench*



ACCESSORY IN USE



ATTACHMENT INSTRUCTIONS

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. Using a 5 mm Allen Wrench, remove the screw just below the rail hinge on the left side and discard it.

STEP 3. Slide the left Dip Bar onto the hinge cross bar and align the holes. **STEP 4.** First, install the 6 mm hex screw where you removed the original screw from the hinge by sliding it through the hole in the Dip Bar and into the rail until finger tight. Then install the 2 bolts and nuts supplied through the hinge cross bar and tighten

them completely. Finish by tightening the 6 mm hex screw into the rail. Repeat Steps 2 - 5 on the right Dip Bar. **STEP 5.** Check that the Dip Bars extend and retract correctly. Then, replace the glideboard as explained in the Owner's Manual.

