

BOW™ Pull-Up & Dip Station

Specification Sheet

Product Description

BOW™ Pull-Up & Dip Station is a versatile piece of fitness equipment designed for upper-body and core training. It features an adjustable bracket with integrated pull-up and dip bars that accommodate various exercises and grip techniques. Crafted from solid hardwood with subtle metal details, it combines durability, stability, and refined aesthetics, offering a secure and elegant solution for home or studio use.

Materials & Finishes

Wood: Prime Walnut / Black Ash / Light Ash

Metal: Brushed Brass / Stainless Steel

Finish: Natural oil and wax blend

Key Dimensions

Height: 245 cm (8.04'), shortened upon request

Vertical plank width: 18 cm (7.1")

Pull-up bar width: 118 cm (46.5")

Bar diameter: 3.6 cm (1.4")

Limitations

Environment: Indoor only, relative humidity 40-60%

Rated load: 120 kg (265 lb)

Installation Requirements

Ceiling height: Minimum 250 cm (8.2') for standard-height units.

Supporting wall: Compatible with most solid and timber frame walls; refer to the User Guide for specific requirements.

Packaging

Package 1: 255×30×10 cm (100×12×4") - 20 kg (44 lb)

Package 2: 82×62×39 cm (32.3×24.4×15.4") - 8 kg (17.6 lb)

Ships partially assembled.

Related Resources

[Product Page](#)

[High Resolution Images](#)

[3D Model](#)

[Installation & User Guide](#)

[Material Guide](#)

