

BOW™ Pull-Up & Dip Station

User Guide

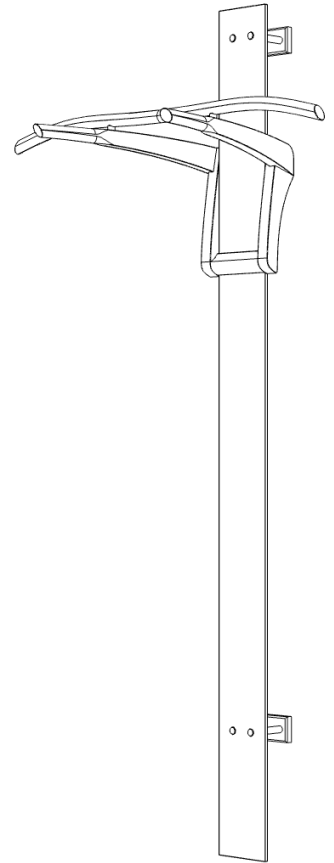
Product Description

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.

Limitations

Environment: Indoor only, relative humidity 40-60%

Rated load: 120 kg (265 lb)



Safety Instructions

Please read these safety instructions carefully before assembling, installing, or using this product. Improper assembly, installation, or use may result in product failure, property damage, serious injury, or death. Retain this user guide for future reference.

- **Proper mounting.** This product must be securely mounted to a structurally sound, load-bearing wall. Do not install on drywall, light plywood, or any other non-load-bearing surface unless there is sufficient structural framing directly at the fixing points.
- **Space requirements.** Ensure there is sufficient space around the product to perform exercises safely. Keep the area clear of obstacles, sharp objects, and tripping hazards. Use the product only on a flat, stable surface. Use an exercise mat to reduce the risk of injury.
- **Indoor use.** This product is designed for indoor use and storage only (relative humidity 40-60%). Keep the product away from direct contact with liquids. Failure to follow these guidelines may cause the product to deteriorate and become unsafe.
- **Modifications.** Do not modify the product in any way. Any alterations, additions, or attachments not approved by the manufacturer are not permitted. Use the product only as designed and supplied.
- **Repairs.** Do not attempt to repair the product yourself unless you are a qualified professional with the necessary knowledge and skills. Only use original manufacturer parts for any repairs or replacements.
- **Inspection.** Before each use, thoroughly inspect the product, fasteners, and attachments. Do not use the product if any parts are damaged, loose, or missing. Regularly check and tighten all screws and fasteners, particularly in areas where the wood may shift or flex.
- **Weight limit.** This product is designed for users weighing up to 120 kg (265 lb), including any additional weights or accessories.
- **Adult use.** Children under 14 years should only use this product under adult supervision. Not suitable for children under 36 months.
- **Health precautions.** Ensure that you are in good physical condition before exercising. Consult a physician before beginning any new exercise routine, especially if you have pre-existing health conditions. Stop exercising immediately if you feel unwell.
- **Proper technique.** Learn proper technique before using the product. Always use common sense and be aware of your personal limits.
- **Shared use.** Do not allow anyone to use the product unless they are capable, responsible, and properly informed of all safety instructions. Only one person should use this product at any given time.

Legal Disclaimer

The manufacturer shall not be liable for any injuries or damages resulting from improper assembly, installation, maintenance, or use of this product. Use of this product is at the user's own risk. Always follow the instructions and safety guidelines outlined in this user guide. Consult a qualified professional if you are unsure about proper assembly, installation, or use.

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Getting Started

- Read all instructions carefully and ensure you fully understand them before beginning assembly or installation.
- Installation must be performed by at least two capable adults. Assistance from someone with technical experience is recommended.
- Carefully unpack the product and inspect it for any transportation damage. Retain the packaging until the product is fully installed.
- Verify that all parts have been delivered by checking the parts list. If any parts are missing or damaged, contact the manufacturer.
- Installation conditions vary, and the manufacturer cannot anticipate every scenario. The installer is solely responsible for ensuring that the product is installed securely and safely. Professional assessment and installation may be required.
- Carefully assess site conditions and select suitable installation hardware - this may differ from the standard hardware supplied with the product. Installation steps may also need adjustment to suit your specific site and may differ from those outlined in this manual.
- Before drilling or driving wall screws, check for electrical wiring, plumbing, or other utilities within the wall. Use a cable and pipe detector if necessary. Only use power tools and hardware in good condition and follow all relevant safety instructions.
- If you are unsure about any installation step, consult a professional installer.

Suitable Wall Types

This product can be installed on the following wall types:

- **Solid wall.** A solid, load-bearing wall at least 100 mm (4") thick, capable of securely holding the supplied expansion fasteners. This includes most brick, block, stone, and concrete walls.
- **Timber frame wall.** A timber frame wall, provided the product can be fixed to an intact, defect-free, load-bearing wall stud measuring at least 45×90 mm (1.75×3.5"), or to pre-installed load-bearing wooden blocking of sufficient thickness. Ensure a minimum thread engagement of 60 mm (2.4") and ideally 80 mm (3.2").

Other Wall Types

For walls that do not meet the criteria above, professional assessment and installation are required. This may involve specialized fasteners, custom mounting solutions, or structural reinforcement. For custom installations, the installation section of this user guide serves as a general reference only and should not be followed step by step.

Warning! Do not install on drywall, light plywood, or other non-load-bearing surfaces unless there is sufficient structural timber framing directly at the fixing points. Improper installation may result in injury or damage.

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Parts List

Reference	Name	Quantity
A	Main board	1
B	Dip bar assembly	1
C	Pull-up bar	1
D	Wall plate cover	2
E	Wall mounting assembly	2
F	Decorative metal plug with rubber rings	4
G	Metal safety pin	1
H	Smaller wood screw with washer head 6×80 mm	2
I	Construction wood screw with washer head 8×80 mm	4
J	Solid wall expansion fastener 10×80 mm	4
K	Screwdriver bit TX30	1
L	Screwdriver bit TX40	1
M	Screwdriver bit HEX8	1

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Installation: Solid Wall

Follow these steps to install the product on a **solid wall**:

1. **Attach the mounting assemblies.** Remove the bolts protruding from each wall mounting assembly (E). Position the assemblies on the corresponding spots on the back of the main board (A). From the front side, insert the bolts with washers and use a screwdriver with a HEX8 bit (M) to fasten them lightly - they will need to be removed later. Centering the bolts in the holes will allow for some installation tolerance.
2. **Mark the fixing points.** After selecting a suitable installation location, place the main board against the wall so that the base of the board rests firmly on the floor and both mounting plates are in full contact with the wall. Mark the hole locations on the wall through the mounting plates.
3. **Detach for wall preparation.** Remove the main board from the wall and detach the wall-mounting assemblies from the board.
4. **Drill the holes.** Drill four 10 mm (0.4") holes, each 90 mm (3.5") deep, precisely at the marked positions. Vacuum out any dust.
5. **Fix the mounting assemblies.** With the mounting assemblies detached from the board, use a screwdriver with a TX40 bit (L) to securely fasten both wall mounting assemblies to the wall using the expansion fasteners (J). Insert each fastener with the nylon sleeve left on the metal screw, passing it through the plate into the wall. Before tightening, ensure the nylon sleeve is fully inserted and that the plate sits flush against the wall. Once fastened, check that there is no play.
6. **Conceal the plates.** Slide the plate covers (D) onto the mounting assemblies to conceal the mounting plates.
7. **Attach the dip bars.** Place the dip bar assembly (B) onto the main board and insert the safety pin (G) to hold it in place.
8. **Position the board.** With the dip bars attached, align the main board with the wall mounting assemblies, ensuring all four fixing points are in contact and the holes are aligned on center.
9. **Secure the board.** Insert the bolts with washers from the front and use a screwdriver with a HEX8 bit (M) to tighten them firmly. Ensure the board is secure and has no play.
10. **Position the pull-up bar.** With the holes facing downward, place the pull-up bar (C) onto the metal supports on top of the dip bars. You may need to adjust the dip bars slightly inward or outward for the round slots to align with the supports.
11. **Secure the pull-up bar.** Once the pull-up bar is seated properly and held firmly in place, use a screwdriver with a TX30 bit (K) to drive the smaller wood screws (H) upward from underneath the dip bars until the pull-up bar is secure and has no play. Do not overtighten.
12. **Conceal the fasteners.** Insert the decorative metal plugs (F) to cover the bolts. Each hole has a small internal step at the correct depth - press the plugs in by hand until they stop naturally. Do not use a hammer, as excessive force may push the plug beyond its intended position.

Tip: Only insert the decorative metal plugs (F) after installation is complete and verified. They fit tightly and may be difficult to remove once in place.

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Installation: Timber Frame Wall

Follow these steps to install the product on a **timber frame wall**:

1. **Verify wall specifications.** Confirm that the wall meets the minimum requirements outlined in the **Suitable Wall Types** section of this user guide. Do not proceed with installation if these requirements are not met.
2. **Attach the mounting assemblies.** Remove the bolts protruding from each wall mounting assembly (E). Position the assemblies on the corresponding spots on the back of the main board (A). From the front side, insert the bolts with washers and use a screwdriver with a HEX8 bit (M) to fasten them lightly - they will need to be removed later. Centering the bolts in the holes will allow for some installation tolerance.
3. **Mark the fixing points.** After selecting a suitable installation location, place the main board against the wall so that the base of the board rests firmly on the floor and both mounting plates are in full contact with the wall. Ensure the plates are centered on a wall stud or positioned over wooden blocking directly behind them. Mark the hole locations on the wall through the mounting plates.
4. **Detach for wall preparation.** Remove the main board from the wall and detach the wall-mounting assemblies from the board.
5. **Drill pilot holes.** Drill four 5 mm (0.2") pilot holes, each 80 mm (3.15") deep, precisely at the marked positions.
6. **Fix the mounting assemblies.** With the mounting assemblies detached from the board, use a screwdriver with a TX40 bit (L) to securely fasten both wall mounting assemblies to the wall using the construction wood screws (I). Ensure there is no play.
7. **Conceal the plates.** Slide the plate covers (D) onto the mounting assemblies to conceal the mounting plates.
8. **Attach the dip bars.** Place the dip bar assembly (B) onto the main board and insert the safety pin (G) to hold it in place.
9. **Position the board.** With the dip bars attached, align the main board with the wall mounting assemblies, ensuring all four fixing points are in contact and the holes are aligned on center.
10. **Secure the board.** Insert the bolts with washers from the front and use a screwdriver with a HEX8 bit (M) to tighten them firmly. Ensure the board is secure and has no play.
11. **Position the pull-up bar.** With the holes facing downward, place the pull-up bar (C) onto the metal supports on top of the dip bars. You may need to adjust the dip bars slightly inward or outward for the round slots to align with the supports.
12. **Secure the pull-up bar.** Once the pull-up bar is seated properly and held firmly in place, use a screwdriver with a TX30 bit (K) to drive the smaller wood screws (H) upward from underneath the dip bars until the pull-up bar is secure and has no play. Do not overtighten.
13. **Conceal the fasteners.** Insert the decorative metal plugs (F) to cover the bolts. Each hole has a small internal step at the correct depth - press the plugs in by hand until they stop naturally. Do not use a hammer, as excessive force may push the plug beyond its intended position.

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Changing Height of Bars

1. Remove the safety pin.
2. Tilt the bar assembly slightly to disengage the metal bar from the horizontal slot in the main board.
3. Carefully move the assembly to the desired height.
4. Tilt the assembly back so that the metal bar drops into a new horizontal slot.
5. Reinsert the safety pin into the appropriate hole at the back of the main board to prevent the metal bar from slipping out of the slot.

Warning! Always ensure either the safety pin is engaged or the bar assembly is securely held. Failure to do so may result in the bar unit falling, causing product damage, property damage, injury, or death.

Using the Product

Perform exercises appropriate for your ability and training goals. Use controlled movements and proper technique.

The bar assembly is designed to withstand centered, downward force only and may become unsafe if loaded in other directions. Do not push the bars upward, swing from side to side, or hang from only one side of the pull-up bar or a single dip bar. When performing a one-handed pull-up, grip the pull-up bar at its center, between the two dip bars.

Do not hang from this product with your head down - use only in an upright position.

Always follow the safety instructions provided at the beginning of this user guide.

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Product Care

Please visit [this page](#) for product care guidelines.

Support

Please [contact the manufacturer](#) if you need help with the assembly, installation or use of this product or have any other questions.