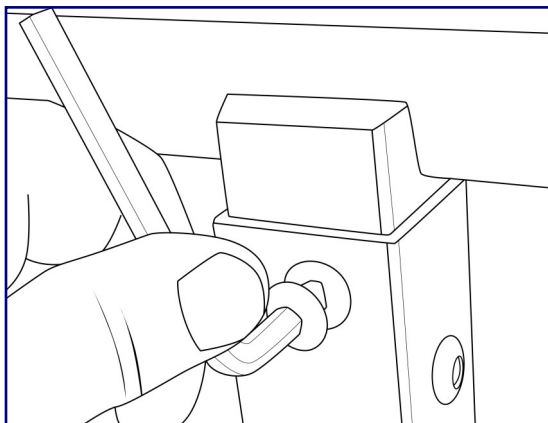
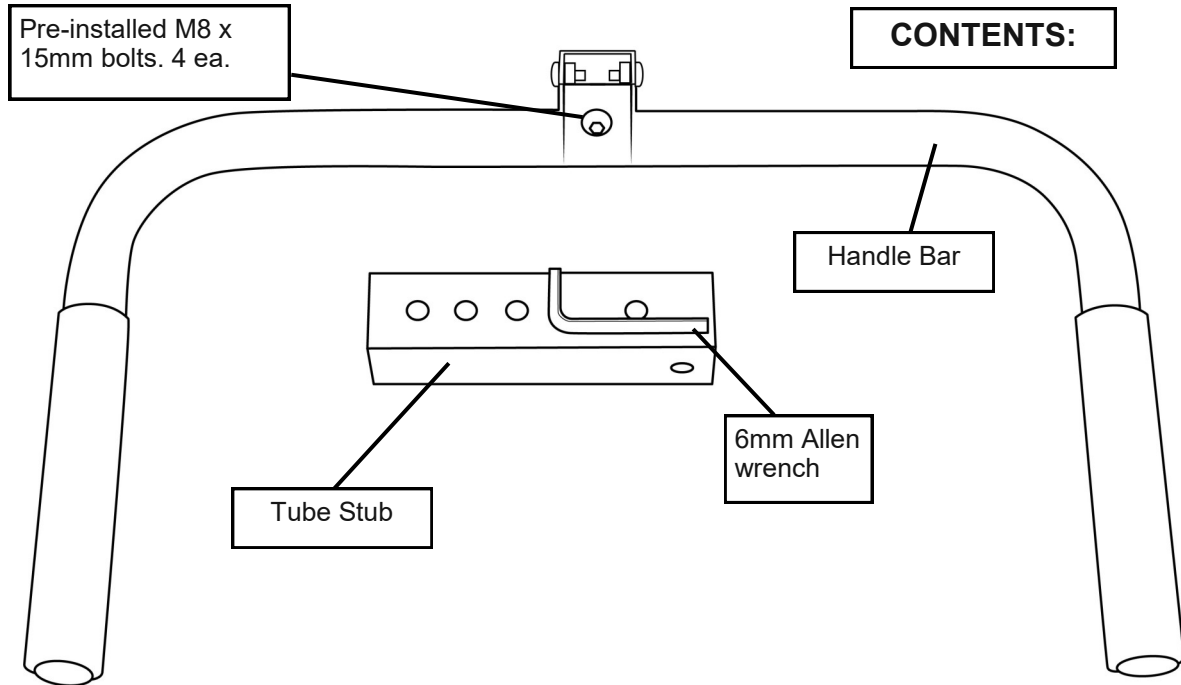


Assembly & Operating Instructions

Ironmaster Dip Bar Handles for Super Bench

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions.



Assembly:

First remove the 4 M8x15mm bolts from the HANDLE BAR.

Then, position the TUBE STUB over the frame and reinstall the bolts. Do not tighten until all four bolts are installed by hand, then tighten securely with the Allen wrench.

CAUTION: DO NOT attempt to insert the TUBE STUB into the Super Bench before assembling to the HANDLE BAR. The TUBE STUB could fall in and become lodged inside the Super Bench and will be extremely difficult to remove.

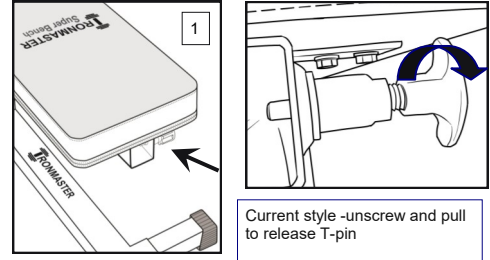
Using the Super Bench with accessories:

The Ironmaster Super Bench is designed to accommodate an array of accessories (Note only Ironmaster accessories are to be used with the Super Bench). Located at the front of the Super Bench is a pull pin, which is both spring loaded and threaded for additional safety/positive locking.

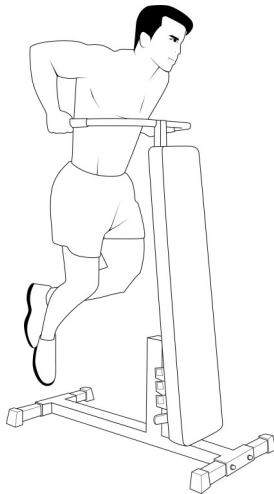
First, locate the Pull pin at the front of the frame under the main bench pad. To operate, turn the pin counter clockwise until you are able to pull the pin against the spring.

On some older Super Benches, the Pull Pin will be a round knob.

CAUTION: Although the pull pin is spring loaded and a positive lock, it is nevertheless recommended that the pull pin be tightened firmly while any accessories are being used with the Super Bench.



Operating instructions:



This attachment for the Ironmaster Super Bench is for performing bar dips exercise. Bench should be in the fully upright position for dips. Be sure to tighten the pull pin before use.

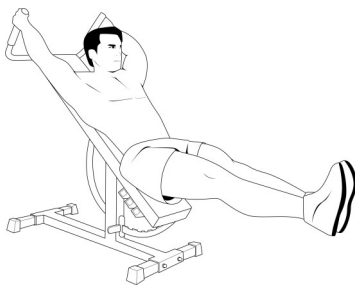
The dip handles may also be inserted with the handles facing toward the bench pad for use as handles to perform knee and leg raises with the bench at an angle as shown.

Operating Tips:

This item can only be used with the Ironmaster bench and is rated at 350 lbs. The chrome locking ring of the bench may interfere with a hanging style weight belt for weighted dips. A weight vest will work well.

Some movement is normal when you arms get tired. If your Super Bench shakes or wobbles excessively during exercise check:

- Make sure pull pin is tightened.
- Position bench on a firm solid floor. Soft mats or thick carpet will let the bench base move.
- Check and tighten (If needed) the Super Bench feet.
- Check and tighten (If needed) the Super Bench pivot bolt and nut. Tighten the pivot bolt a little at a time and check the full range of motion of the bench after each adjustment. Overtightening will cause restriction in the range of movement of the bench so use caution.



Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.
10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.