

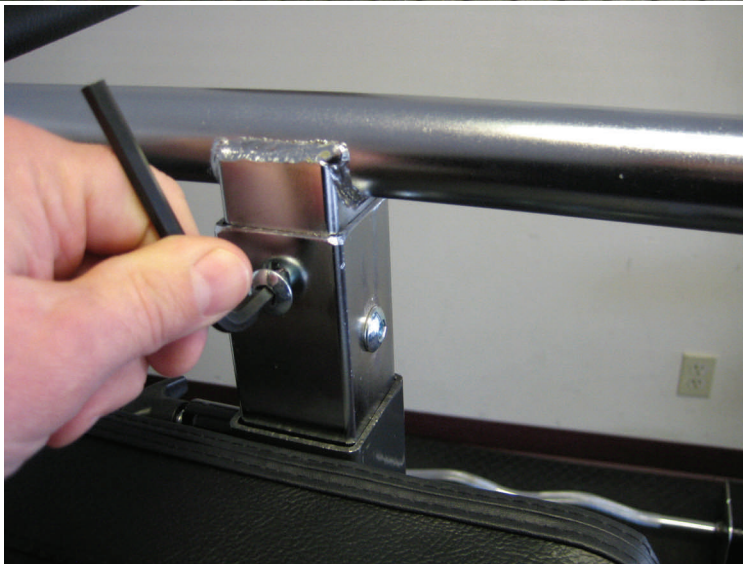
Assembly & Operating Instructions

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.



Part	Qty	Description
Handle Frame	1	Chrome tube bent with rubber grips
Tube Stub	1	Chrome tube with holes
M10 Screws	4	Allen Pan head screws
Wrench	1	Allen style



This item is an attachment for the Ironmaster Super Bench for performing bar dips exercise. This item should 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. 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.

Attach the chrome tube stub to the handle frame using the 4 included M10 screws and Allen wrench. It is a good idea to leave the screws only hand tight then insert the attachment into the bench and hold the handles level before tightening the screws.

Warranty Information:

Your Ironmaster Super Bench attachment has a limited 10 year warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in home use only. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions.