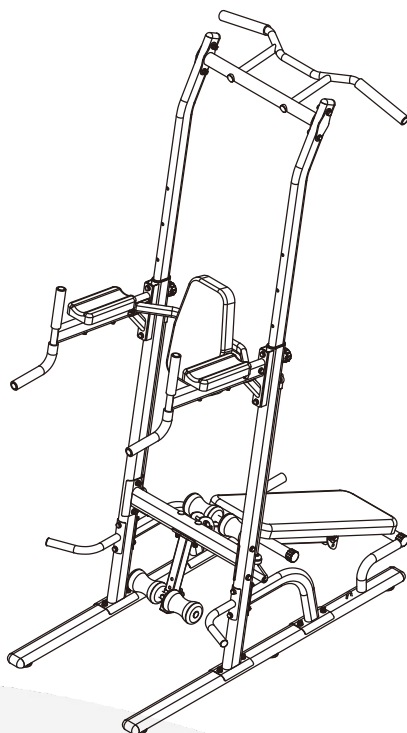


HARISON®

DIP STATION

OWNER'S MANUAL



HR-408

Attention:

Read and follow all instructions in this owner's manual.

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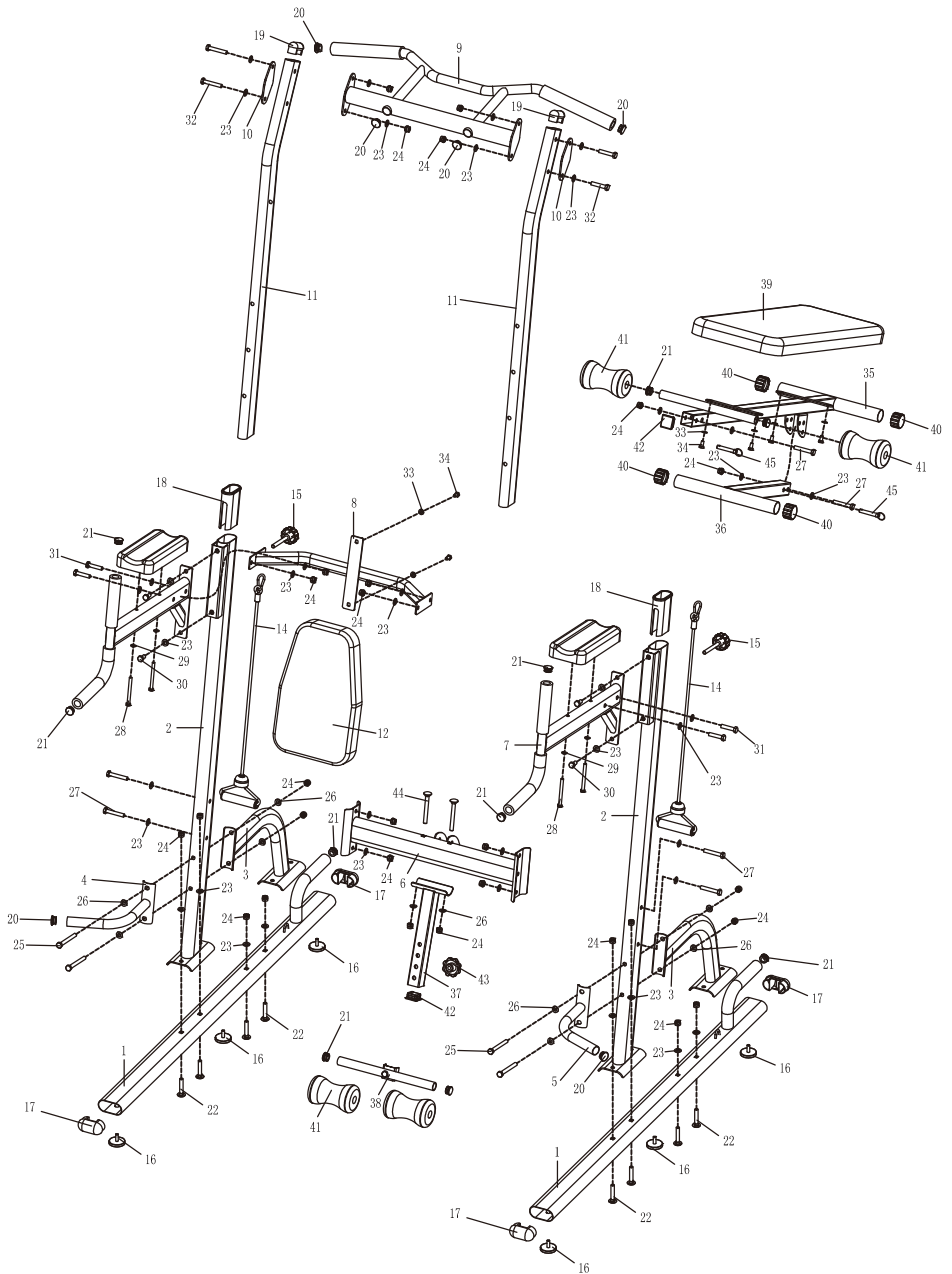
IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. MAX USER WEIGHT: 100KG/220LBS

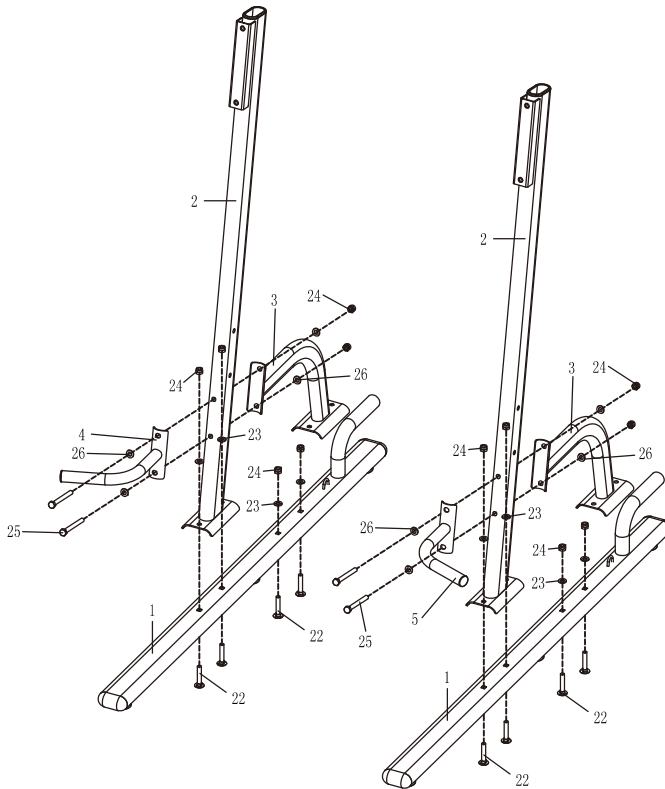
EXPLODED DIAGRAM



PARTS LIST

No	Parts Name	Quantity	No	Parts Name	Quantity
1	Underframe	2	24	Loose Preventing Nut (M10)	28
2	Column	2	25	Hex Bolt (M10*100)	4
3	Support Tube	2	26	Curved Washer ($\varnothing$ 10)	10
4	Right Column Handlebar Frame	1	27	Hex Bolt (M10*60)	6
5	Left Column Handlebar Frame	1	28	Hex Bolt (M8*85)	4
6	Connection Tube	1	29	Curved Washer ($\varnothing$ 8)	4
7	Support handlebar Frame	2	30	Hex Bolt (M10*20)	4
8	Back Cushion Frame	1	31	Hex Bolt (M10*45)	4
9	Handle	1	32	Hex Bolt (M10*50)	4
10	Fixed Plate	2	33	Washer ($\varnothing$ 8)	6
11	Adjustable Tube	2	34	Hex Bolt (M8*15)	6
12	Back Cushion	1	35	Sit-up Bench Support Frame	1
13	Hand Pad	2	36	Support Frame	1
14	Elastic Cord	2	37	Hold Foot Frame	1
15	Bolt (M10*90)	2	38	Lower Support Frame	1
16	Foot Pad (M8*20)	6	39	Sit-up Bench	1
17	Oval Tube Plug (40*80*1.5)	4	40	Outside End Cap	4
18	Bushing	2	41	Foam Tube	4
19	Oval Tube Plug (30*70*1.5)	2	42	Square Plug	2
20	Circular Plug ($\varnothing$ 28*1.5)	6	43	Knob	1
21	Circular Plug ($\varnothing$ 25*1.5)	10	44	Bolt (M10*95)	2
22	Bolt (M10*55)	8	45	Ring Bolt	2
23	Washer ($\varnothing$ 10)	40			
TOOL					
	Cross Wrench $\varnothing$ 5,13# 17#	1		Wrench 17#	1

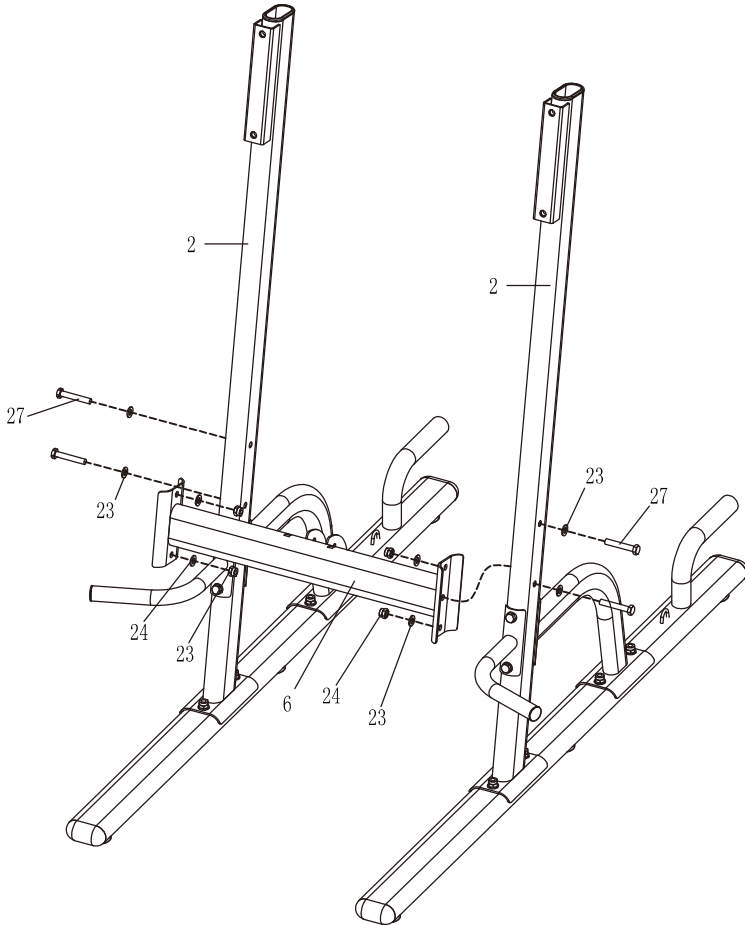
ASSEMBLY INSTRUCTIONS



STEP 1

Use M10*55 Bolts(#22), 4pcs ϕ 10 washers(#23), 4pcs M10 Loose Preventing Nuts(#24) install Column(#2) and Underframe (#1). Fix Left and Right Handlebar Frame (#4,#5), Column(#2), Support Tube (#3), and Under frame (#1) onto one side with 4pcs M10*55 Bolts (#22), 4pcs ϕ 10 washers (#23), 4pcs M10 Loose Preventing Nut (#24) Fix left and Right Handlebar Frame (#4,#5) onto another side with 4pcs Bolt M10*100(#25), 8pcs ϕ 10 Curved washers (#26), 4pcs M10 Loose Preventing Nut (#24) . Note: All the bolts are not locked yet.

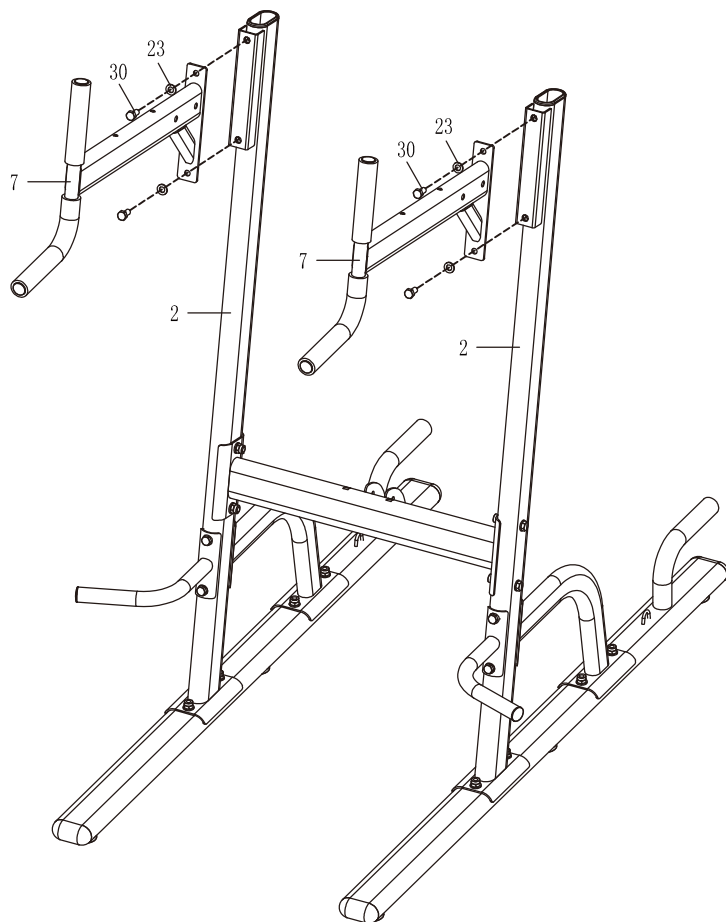
ASSEMBLY INSTRUCTIONS



STEP 2

Fix Connection Tube(#6) onto Column(#2) with 4pcs M10*60 Hex Bolts (#27), 4pcs M10 Loose Preventing Nuts (#24), 8pcs ϕ 10 washers (#23). Adjust the Underframe(#1) to be in a horizontal position. Then lock all the bolts from top to bottom. Note: All the bolts have been locked.

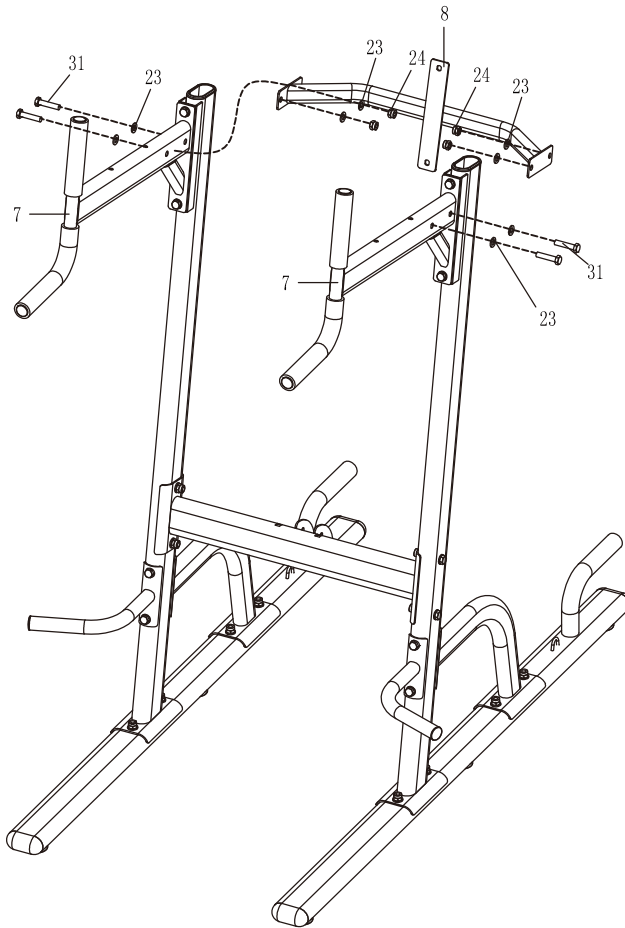
ASSEMBLY INSTRUCTIONS



STEP 3

Fix Support handlebar Frame(#7) onto Column(#2) with 4pcs M10 *20 Hex Bolts (#30), 4pcs Φ 10 washers (#23), then lock them.

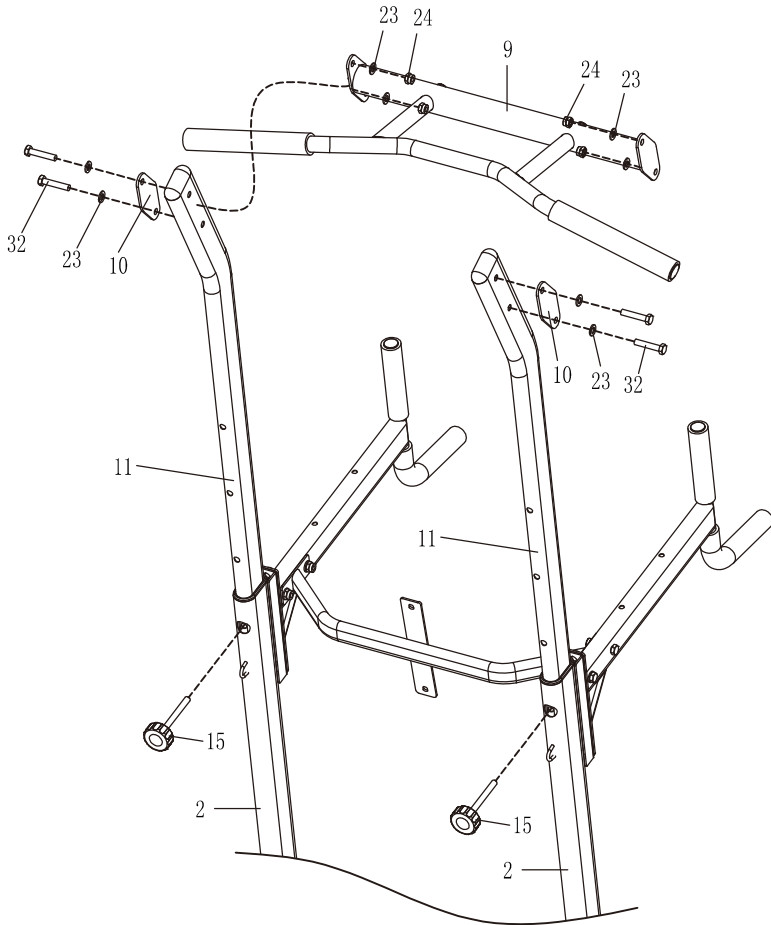
ASSEMBLY INSTRUCTIONS



STEP 4

Fix Back Cushion Frame(#8) onto Support handlebar Frame(#7) with 4pcs M10*45 Hex Bolts (#31), 4pcs M10 Loose Preventing Nuts (#24), 8pcs ϕ 10 washers (#23).

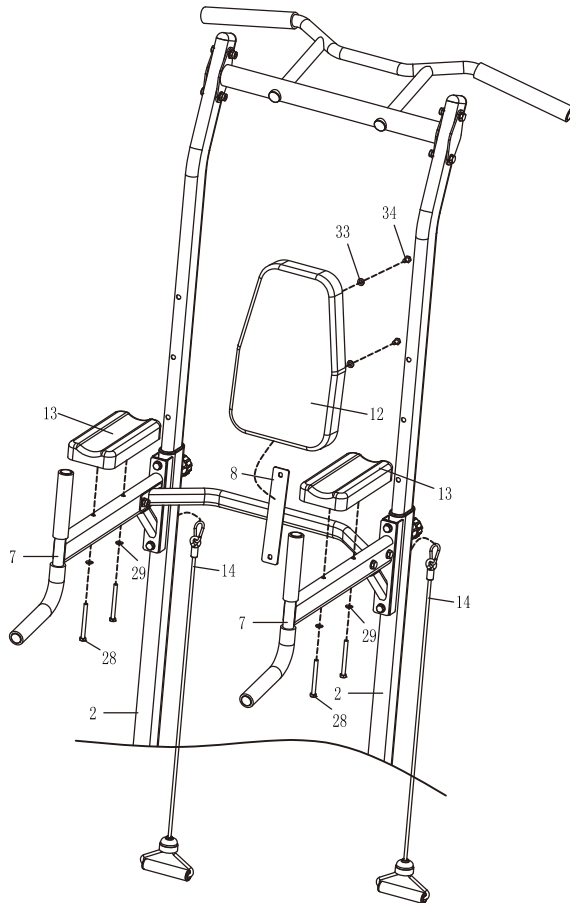
ASSEMBLY INSTRUCTIONS



STEP 5

Insert Adjustable Tube(#11) into Column(#2). Fix Handle(#9) onto Adjustable Tube(#11) with 4pcs M10*50 Hex Bolts (#32), 4pcs M10 Loose Preventing Nuts(#24), 8pcs $\varnothing$ 10 washers(#23) and through Fixed Plate(#10). Then install Adjustable Tube(#11) to appropriate hole and lock them with M10*90 Bolt(#15).

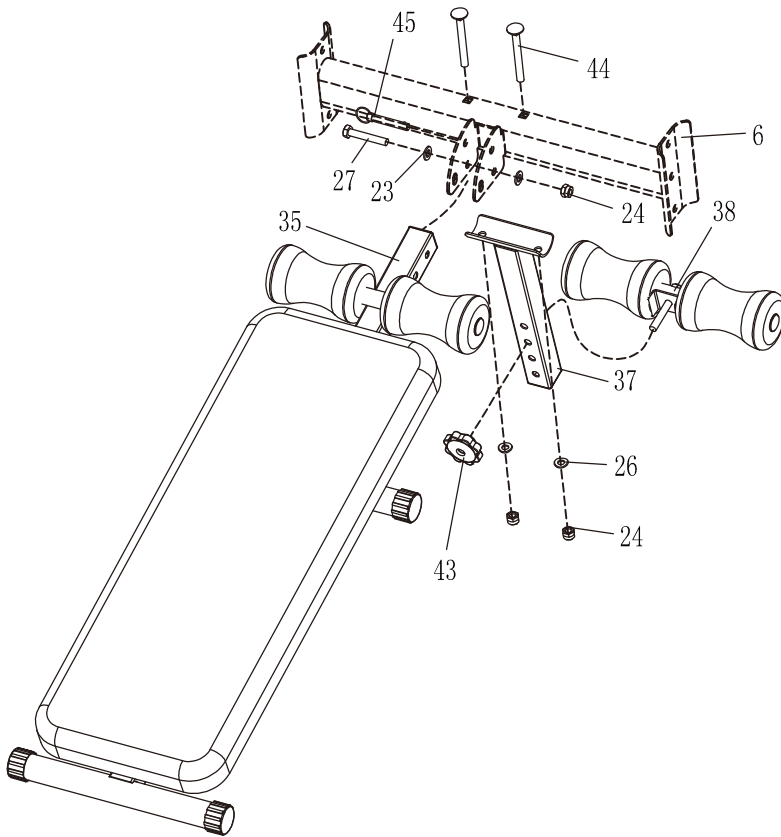
ASSEMBLY INSTRUCTIONS



STEP 6

Fix Back Cushion(#12) onto Back Cushion Frame(#8) with 2pcs M8*15 Bolts(34), 2pcs ϕ 8 washers (#33). **Fix** Hand Pad(#13) onto the Support handlebar Frame(#7) with 4pcs M8*85 Hex Bolts (#28), 4pcs ϕ 8 curved washers (#29), then put Elastic Cord(#14) onto Column(#2).

ASSEMBLY INSTRUCTIONS



STEP 7

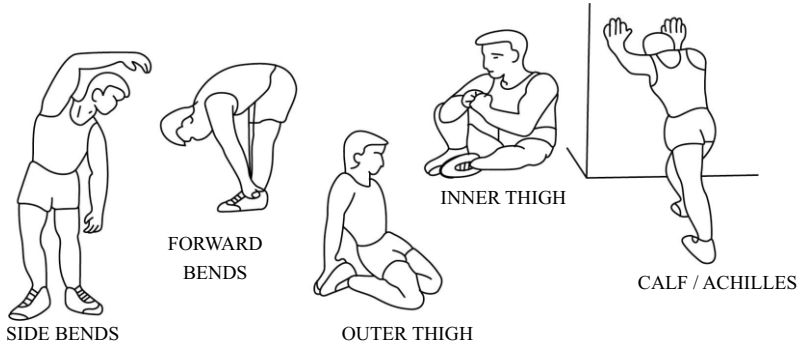
Fix Sit-up Bench Support Frame(#35) onto the assembled connection tube(#6) with 1pcs M10*60 Bolt(#27), 2pcs ϕ 10 washers(#23), 1pcs M10 Loose Preventing Nut(#24). Fix Hold Foot Frame(#37) onto the assembled connection tube(#6) with 2pcs M10*95 Hex Bolts (#44), 2pcs ϕ 8 curved washers (#29), 2pcs M10 Loose Preventing Nuts(#24). Then locked them with Knob(#43). Insert Ring Bolt(#45) into the appropriate hole.

EXERCISE INSTRUCTIONS

Using your EXERCISECYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

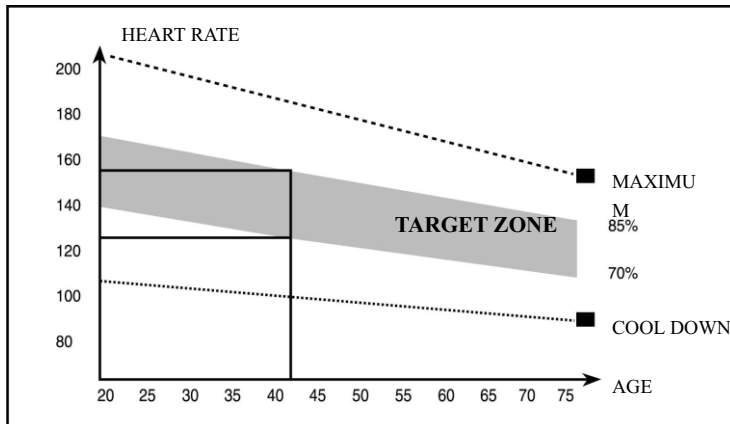
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.





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