

# PULL-UP & DIP STATION

*Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.*

The Pull-Up and Dip Station develops upper body strength in the shoulders, chest, and triceps. Perform knee lifts for an abdominal workout.

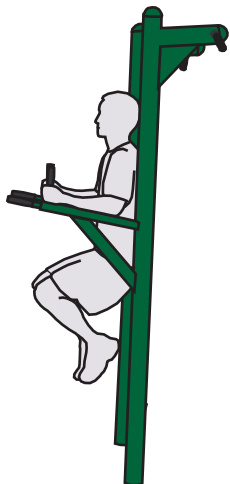
## DIPS:

1. Face the station and grip the handles.
2. Push yourself up above the handles by extending your elbows.
3. Inhale, keep your abdominals tight, and slowly lower yourself so your elbows are bent 90 degrees.
4. Exhale and push yourself back up to the start position.
5. Repeat several times.



## KNEE RAISES:

1. Lift yourself up on the support bars with your back against the backrest and hands gripping the handles.
2. With your weight supported by your forearms and shoulders, slowly lift your knees to your chest while keeping your back straight.
3. Hold for 3 seconds, then lower your knees.
4. Repeat several times.



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