

## Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury when using your dip stand.

1. Consult your physician before beginning any regular exercise program.
2. Always examine your B.M.P.® dip stand for any defects before use. If there are any imperfections, stop immediately, and contact B.M.P.® support.
3. DO NOT try and repair the dip stand in any way.
4. Do not use your B.M.P.® dip stand for anything other than exercise.
5. Warm up before starting any exercise routine.
6. If you feel any pain or experience any dizziness while exercising, you should stop immediately.
7. When starting exercise, start slowly. Movements on the dip stand should be slow and controlled for safety.
8. Use the B.M.P.® dip stand only as directed.
9. Children under the age of 18 should only use under adult supervision.

### Warranty:

1. All dip stands are fully warrantied for life.
2. Contact Black Mountain Products® by telephone, e-mail or online if there are any missing, damaged or defective parts.
3. Warranty does not cover any incidental damage.
4. Void where limited or prohibited by law.
5. B.M.P.® reserves the right to alter the warranty at any time.

### Warranty Support

[blackmountainproducts.com/request-a-replacement-warranty@blackmountainproducts.com](https://blackmountainproducts.com/request-a-replacement-warranty@blackmountainproducts.com)  
Telephone: 815-322-2028  
Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at [blackmountainproducts.com](https://blackmountainproducts.com)

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**BLACK MOUNTAIN  
PRODUCTS**

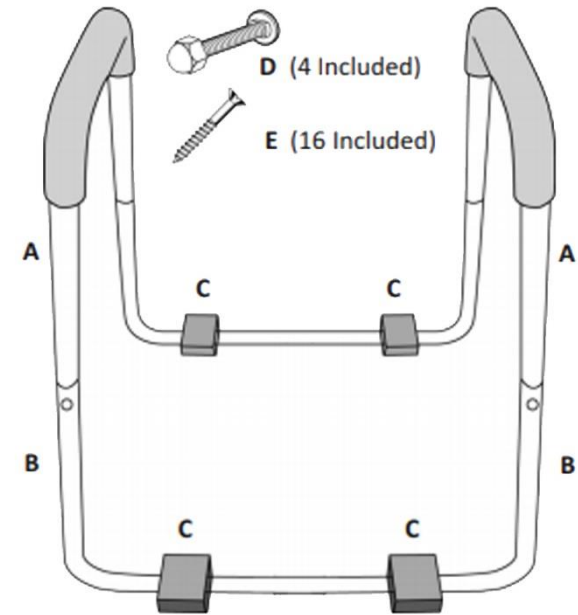
*Reach Your Peak Performance!*  
Dip Stand



For new products and exercises scan the QR code or visit us at [blackmountainproducts.com](https://blackmountainproducts.com).

## Assembly Instructions

- 1) Holding both bottom frames (B) upward, insert both top frames (A) one at a time, being careful to match up circle to circle shape, and square to square shape.
- 2) Insert Carriage Bolts (D) to secure top and bottom Frames then tighten.
- 3) Place stabilizers (C) where shown, then secure around bottom frame with screws (E) provided.



Tools Required
1) 10mm Wrench
2) Phillips Screwdriver

Parts Assembly List
A) 2 Top Frames
B) 2 Bottom Frames
C) 4 Stabilizers
D) 4 Carriage Bolts
E) 4 Sets of Screws (16)

**NOTE:** Prior to using the Dip Stand, make sure all screws and nuts are secured tightly to prevent injury.

