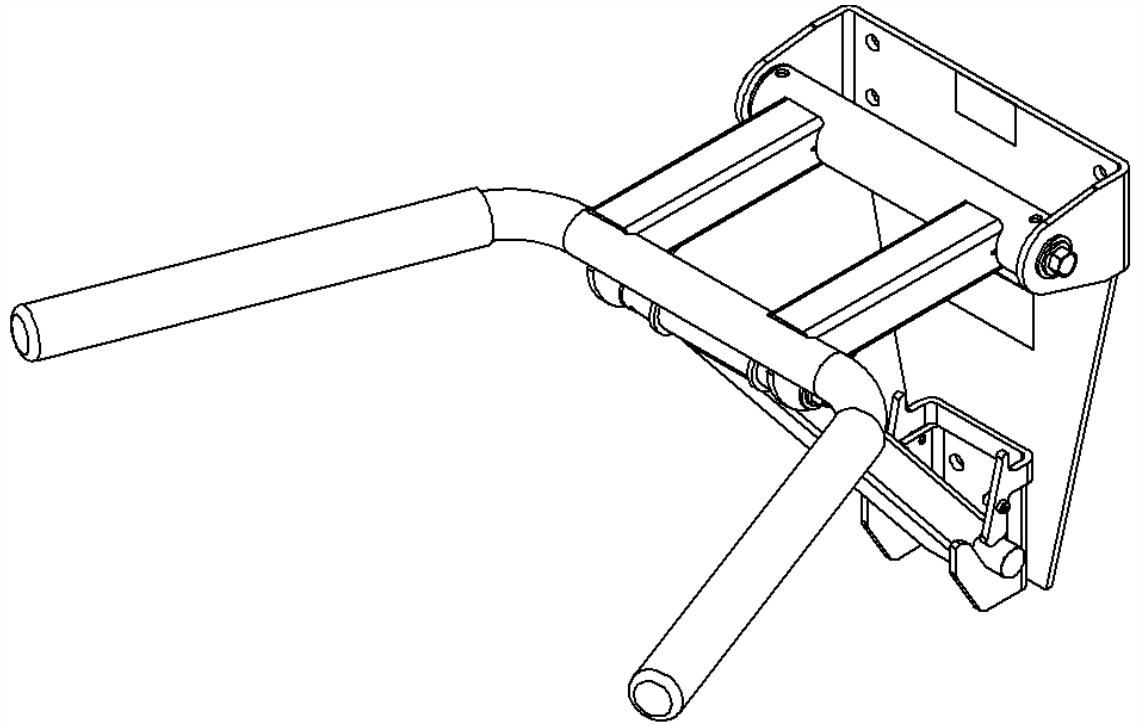




**ROGGEERS**  
*For the Perfection of Football Fundamentals™*

PRODUCT INFORMATION PACKET  
PRODUCT NAME: WALL MOUNT TRICEP DIP BAR  
PRODUCT PART NUMBER: 410658



**KEEP INFORMATION PACKET FOR FUTURE REFERENCE**

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## INTRODUCTION

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The Rogers Athletic Wall Mount Foldable Tricep Dip Bar has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your Tricep Dip Bar will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new Tricep Dip Bar and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 1-800-457-5337.

BECAUSE ROGERS ATHLETIC MAINTAINS AN ONGOING PROGRAM OF  
PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE RIGHT  
TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN SPECIFICATIONS  
WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL THEM ON UNITS  
PREVIOUSLY SOLD.

# GENERAL SAFETY RULES

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## **WARNING!**

### **READ AND UNDERSTAND ALL INSTRUCTIONS.**

Failure to follow all instructions listed below may result in serious personal injury.

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## **SAVE THESE INSTRUCTIONS**

- **Set up Wall Mount Tricep Dip Bar on flat wall surface.** The station may not store properly when folded out of operation position when mounted to uneven wall surface.
- **Anchor equipment to the wall.** The Wall Mount Foldable Tricep Dip Bar has built-in anchor points allowing it to be bolted to the wall. Rogers Athletic is not responsible to install the anchors. A Professional Contractor should be contacted to anchor the equipment.
- **Supervision of athletes while using the equipment is recommended.** Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- **Athletes should be oriented in the proper use of the equipment.**
- **Athletes should be properly fit to engage in a workout regimen. Obtaining a medical exam prior to beginning any exercise program is recommended. If an Athlete feels faint, dizzy, or experiences pain at any time while exercising; stop exercising and consult a physician.**
- **Athletes should wear close fitting clothing to keep the clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use.** DO NOT use if it appears damaged or inoperable.
- **This Product Information Packet (“Packet”) is an integral part of this machine.** Save this Packet of instructions. If this Packet is lost or damaged or you would like another copy, a copy can be downloaded from the website ([www.rogersathletic.com](http://www.rogersathletic.com)). Refer to them frequently and use them to instruct others who may use the Wall Mount Foldable Tricep Dip Bar.
- **Reading the Product Information Packet is recommended.** Failure to read this Packet is considered a misuse of this equipment.
- **Warning labels are an integral part of this machine.** Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- **Install the equipment allowing sufficient room for safe access to the machine, adequate room for the spotters to stand and to ensure that the machine does not collide with a wall or another machine through the entire range of motion.**
- **Use of a spotter is recommended.** Spotters should stand behind the athlete using the machine or to either side of the athlete.
- **Stay clear of all pinch points.** Instruct all athletes to keep fingers away from the weight arm and away from moving parts that may present danger of pinching.

- **Equipment is designed for use by one person at a time.** Keeping other athletes and spectators away from the machines during use is recommended.
- **A clean workout environment is recommended to avoid trip hazards.** Use storage racks to keep the area neat and the equipment from damage.
- **Do not use Tricep Dip Bar for any other exercise outside of the traditional tricep dip.**
- **Only operate Tricep Dip Bar with gravity lock enabled and the proper grounding of support.**
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at [www.RogersAthletic.com](http://www.RogersAthletic.com)

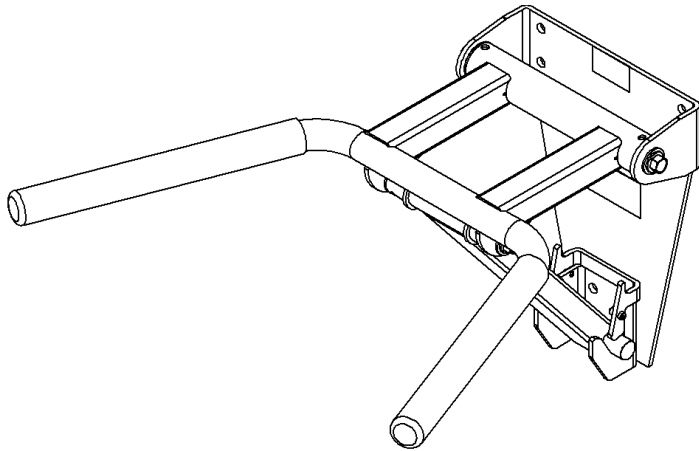
# SYMBOLS

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	<p><b>Safety Alert:</b> Precautions that involve your safety.</p>				
<table border="1"><tr><td colspan="2" data-bbox="217 527 667 579"><b>⚠ WARNING</b></td></tr><tr><td data-bbox="228 600 407 793"></td><td data-bbox="407 600 667 793">To avoid personal injury, do not use this equipment until properly trained.</td></tr></table>	<b>⚠ WARNING</b>			To avoid personal injury, do not use this equipment until properly trained.	<p><b>Athletes must be properly trained before using equipment.</b> Failure to train athletes may result in personal injury.</p>
<b>⚠ WARNING</b>					
	To avoid personal injury, do not use this equipment until properly trained.				
<table border="1"><tr><td data-bbox="201 856 418 1087"></td><td data-bbox="418 856 683 1087"><b>⚠ CAUTION</b> <b>Pinch Point.</b> Keep hands and fingers clear.</td></tr></table>		<b>⚠ CAUTION</b> <b>Pinch Point.</b> Keep hands and fingers clear.	<p><b>Pinch Point Symbol:</b> Failure to keep hands away from pinch points may result in personal injury.</p>		
	<b>⚠ CAUTION</b> <b>Pinch Point.</b> Keep hands and fingers clear.				

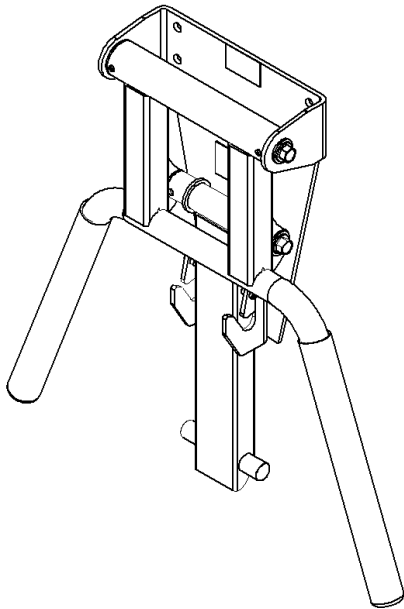
# ROGERS ATHLETIC WEIGHT EQUIPMENT SPECIFICATIONS

## WALL MOUNT FOLDABLE TRICEP DIP BAR



Weight: 48 lbs.  
Height: 17" (43.2 cm) – Operation State  
27" (68.6 cm) – Folded State  
Depth: 29" (73.7 cm) – Operation State  
5" (12.7 cm) – Folded State  
Width: 29" (73.7 cm)

- Wall mounted design allows tricep dip to be placed out of the way and against a wall to provide extra space for high traffic areas.
- Tapered cutout guides accessories into firm setting.
- Provides gravity locking feature for optimized safety and secure operation.



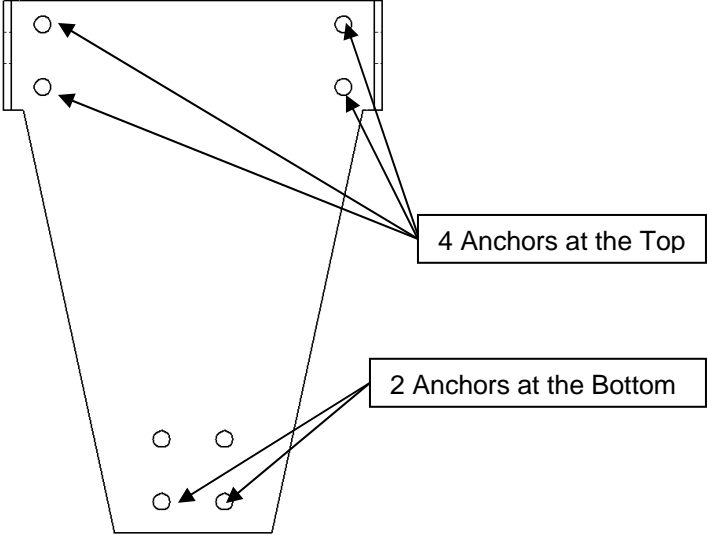
### Construction, Finish, and Hardware

- Constructed of ASTM specified steel.
- Baked-on Powder coat finish.
- Zinc plated hardware Grade 5 or equivalent.

# INSTALLATION INSTRUCTIONS

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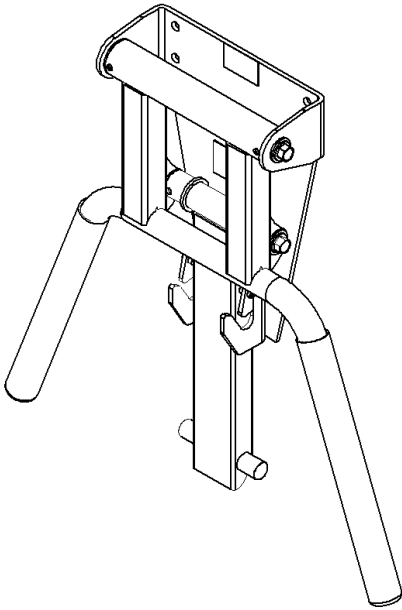
**\*\* Wall Mount Requires Six Anchors for Each Assembly \*\***



Anchors and mounting information can be found at <http://www.us.hilti.com/holus/>  
Refer to the *Hilti, INC. North American Product Technical Guide for Installation Procedure*

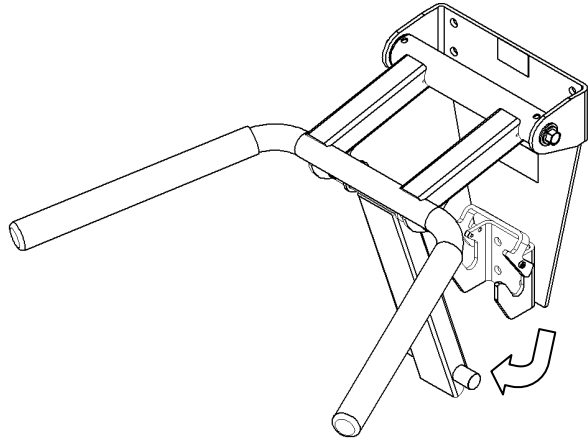
# USER INSTRUCTIONS

1



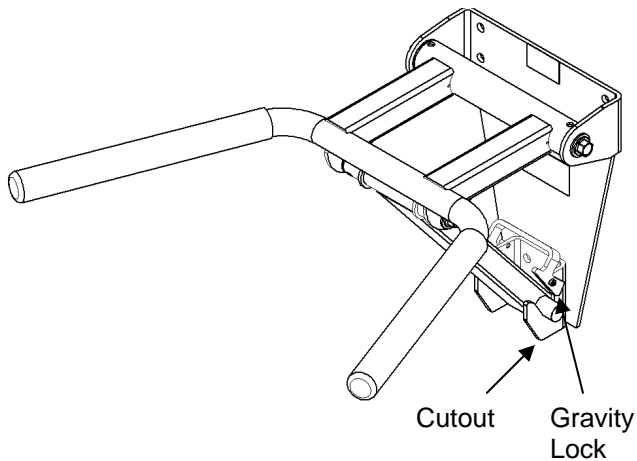
With the Tricep Dip Bar anchored to a fixed wall, the bar should remain in the folded state while not in use in order to minimize obstruction.

2



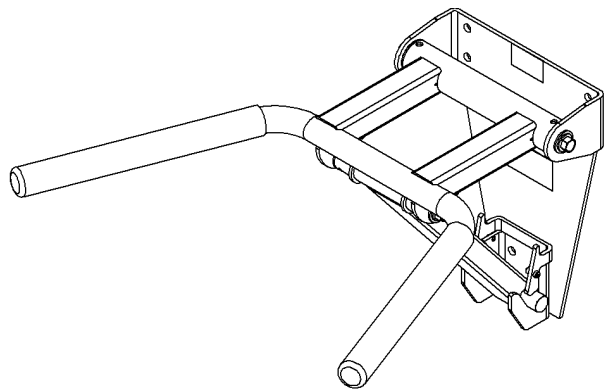
Lift the Tricep Bar outwards and towards the operation state.

3



Pull the gravity lock forward to allow placing of support into cutout and place rod into tapered cutout and allow support to settle.

4



Once the support is set and gravity lock is released, the gravity lock will swing into place and prevent the dip from coming out of operation setting. Make sure before operation that the gravity lock is engaged.



## MAINTENANCE

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### **WARNING!**

### **READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.**

Failure to follow all procedures listed below may cause serious injury and/or a decrease in equipment functionality.

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- **Frequently check to see that all bolts are securely fastened.**
- **Touch up paint may be used to cover scratches or blemishes sustained through use.**
- **Replace any damaged equipment with genuine Rogers Athletic parts.** Failure to do so may result in unsafe equipment and/or personal injury.
- **Mild detergent or disinfectant may be used to clean weight equipment.**

## CUSTOMER SERVICE

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For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information package. Customer service hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 457-5337. Fax toll free at (888) 549-9659 or mail to:

Rogers Athletic Company  
3760 W. Ludington Drive  
Farwell, MI 48622

[www.rogersathletic.com](http://www.rogersathletic.com)