

USER MANUAL – EN
WARRANTY CARD - EN
DIP BARS
HORIZONTAL



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Safety Manual

1. Read the instructions carefully before installation and keep them for future reference.
2. For safety purposes, the product should be used as intended, making any modifications is prohibited
3. Before installation, check that the product is complete and contains all the items included in this document (page number 9). Strictly follow the installation instructions.
4. Regularly check that none of the parts of the device are rusted.
5. Only an adult shall assemble the device in accordance with the assembly instructions contained in this manual.
6. Don't use the product when it is damaged.
7. Do not use outdoors and protect from moisture.
8. Before you start exercising, you should consult your doctor to determine whether there are any contraindications, physical or mental conditions that pose a risk to your health or safety.
9. Perform warm-up exercises before starting training.
10. Perform exercises correctly to avoid overload, injury. Remember to breathe properly and maintain proper posture.
11. When exercising, pay attention to your well-being, if you feel weak, experience any worrisome symptoms, stop exercising immediately, consult a doctor and until the visit, give up exercising.
12. The device is intended for use by adults only. Keep it away from children and animals.
13. The device can only be used by one person at a time.
14. During exercise, it is recommended to wear sportswear and properly fitted shoes.
15. Do not jump, swing, or make sudden movements on the handrails.
16. use the equipment as intended.
17. The handrails are designed for home and professional use. The maximum allowable weight limit is 300 kg. The handrails should be fixed to a wall of concrete/ solid brick/cellular concrete with a minimum thickness of 15cm. If the wall is not strong and thick enough, do not install the device!
18. The device is not intended for rehabilitation or therapeutic purposes.

Don't get on the handrails with wet hands. The handrails have a coating that reduces the risk of slipping, but for your own safety, make sure your hands are dry when exercising.

Purpose of the equipment

Dip bars are an effective tool for strengthening upper body muscles, including the shoulder muscles, triceps, chest, abdomen. Exercises using it are the foundation of calisthenic training, which involves using one's own strength and body weight. Such training can be easily adapted to the individual's level of fitness, making it suitable for people of different levels.

General comments

Before you start exercising, check your health and consult your doctor. Remember to adjust your exercises to your capabilities. If you haven't done regular physical activity before, avoid overly intense workouts, as they can harm your health!

To avoid injury, do warm-up exercises for muscles, joints, ligaments, and perform exercises correctly technically.

Examples of exercises using HORIZONTAL

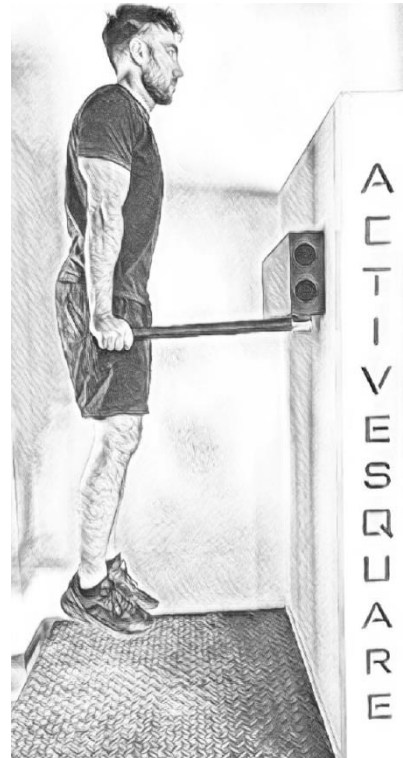
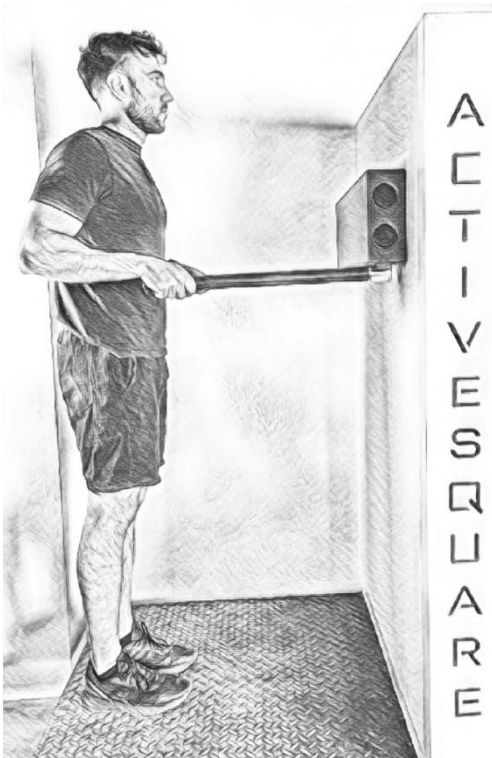
Dips/pumps on bars

When performing dips on bars, the following muscles are mainly engaged:

1. triceps muscle - This is the main muscle that works during dips. The triceps is responsible for straightening the arms at the elbows, a key movement in this exercise.
2. pectoralis major (thoracic) muscle - Especially the lower and middle part of this muscle is involved, especially when the torso is slightly tilted forward. The greater the inclination, the greater the chest activation.
3. anterior shoulder muscle (front of the shoulders) - Works when lifting and stabilizing the arms during movement.
4. trunk stabilizing muscles (core) - Including abdominal muscles (straight and oblique) and lower back muscles. They help keep the body straight and prevent rocking during exercise.
5. quadriceps and parallelogram - These back muscles support the stabilization of the shoulder blades and shoulders, especially in the upper position.
6. back's widest muscle - Involved to a lesser degree, especially when lowering the body deeper, supports movement control.

Notes:

The degree of involvement of individual muscles depends on technique. For example, an upright posture activates the triceps more, while leaning the torso forward transfers more pressure to the chest.

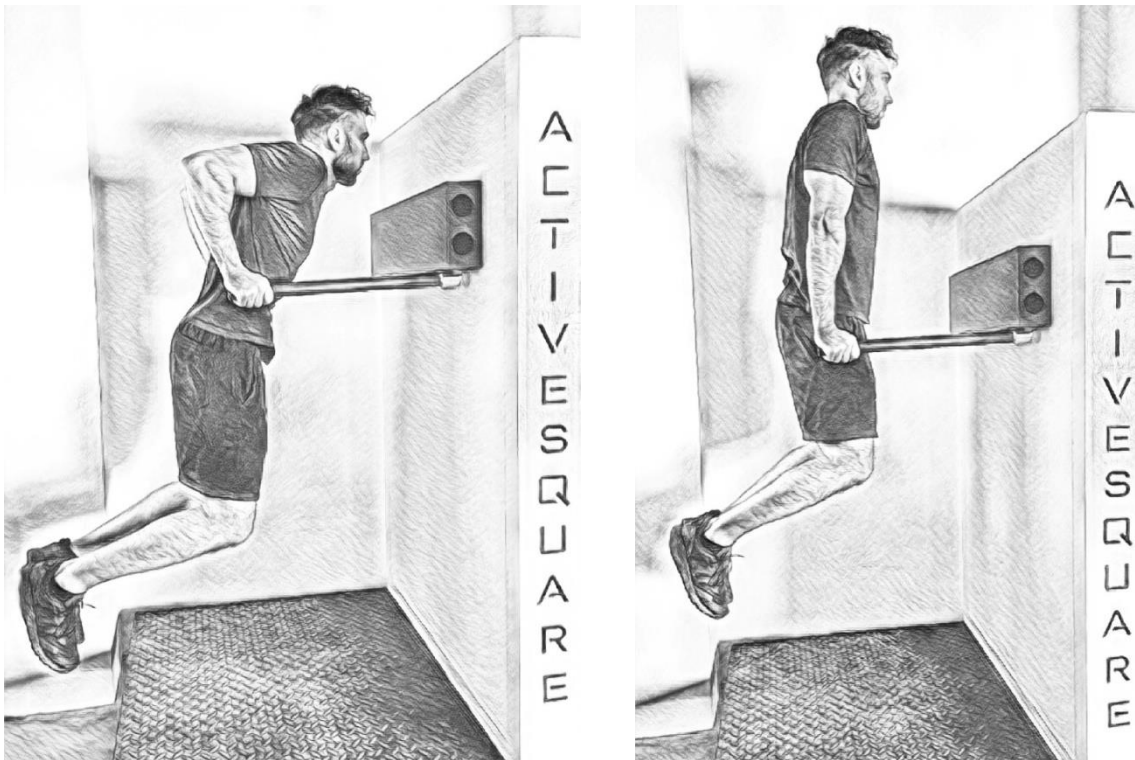


1. The Preparation:

- Stand between the dip bars, grasp them firmly with both hands and lift your body by straightening your arms. Remember to keep your four fingers pointing outward, thumb inward. Your elbows should be locked or minimally bent to maintain stability.
- Your legs can hang loosely or be slightly bent at the knees if you have limited space under you.

2. Starting position:

- Tighten your abdominal muscles to stabilize your torso and prevent your body from rocking too much.
- Pull your shoulder blades slightly down and back, avoiding lifting your shoulders to your ears.
- Head in a neutral position - look ahead, not down or up.



3. Movement:

- Take an inhale, then calmly lower your body. As you lower, your elbows should bend backward (not sideways) and be close to your leaning torso.
- Go so low that your shoulders are parallel to the ground (an angle at the elbows of about 90 degrees), or slightly lower if you have good mobility and strength. Don't go too deep if you feel discomfort in your shoulders.
- Control the movement, avoid rapid descent.

4. Back to the top:

- Straighten your arms, pushing upward with the strength of your chest, triceps and shoulder muscles until you return to the starting position.

Breathing:

- Inhale as you lower your body and exhale as you rise upward.

Notes:

Don't forget that the most important thing is your exercise technique. Control each of your movements and stay focused. If you are doing this exercise for the first time or returning to exercise after a long break, do not lower your body too low to avoid injury.

Leg Raises

During leg raises, the following muscles are primarily engaged:

1. straight abdominal muscle - This is the main muscle working in this exercise. It is responsible for bending the torso and lifting the legs up, especially in the middle and lower abdomen.
2. abdominal oblique muscles (internal and external) - They support the movement of leg raises, especially if you add rotation or side-to-side leg raises. They also help stabilize the trunk.
3. hip-lumbar muscle - works intensively when lifting the legs, especially in the initial phase of the movement.
4. trunk stabilizing (core) muscles - Including the transversus abdominis and lower back muscles. They help keep the body stable and prevent excessive rocking when lifting the legs.

Notes:

- Controlled and slow movement increases muscle involvement, while dynamic lifting can engage the hip flexors more.

1.Preparation:

- Stand between the handrails for dips with your back to the wall. Position the handrails at the width of your shoulders. Grasp the handrails firmly with both hands (thumbs pointing inward, other fingers outward) and lift your body, straightening your arms. Your elbows should be locked or minimally bent to maintain stability.
- Your legs can hang loosely or be slightly bent at the knees if you have limited space underneath you.

2. Starting position:

- Tighten your abdominal muscles to stabilize your torso and prevent your body from rocking too much.
- Keep your back straight and shoulders slightly pulled down - avoid raising your arms to your ears.

3. Leg Raises:

- Slowly raise your bent legs in front of you until they are at hip height (90-degree angle between your torso and legs) or higher, you can pull your knees up towards your chest. if you have enough strength and flexibility.
- Focus on controlled movement, avoid jerking or using momentum.

4. Lowering the legs

- Slowly lower your legs to the starting position, all the while maintaining tension in your abdominal muscles.
- Don't let your legs fall abruptly - control during the lowering phase is crucial to the effectiveness of the exercise.

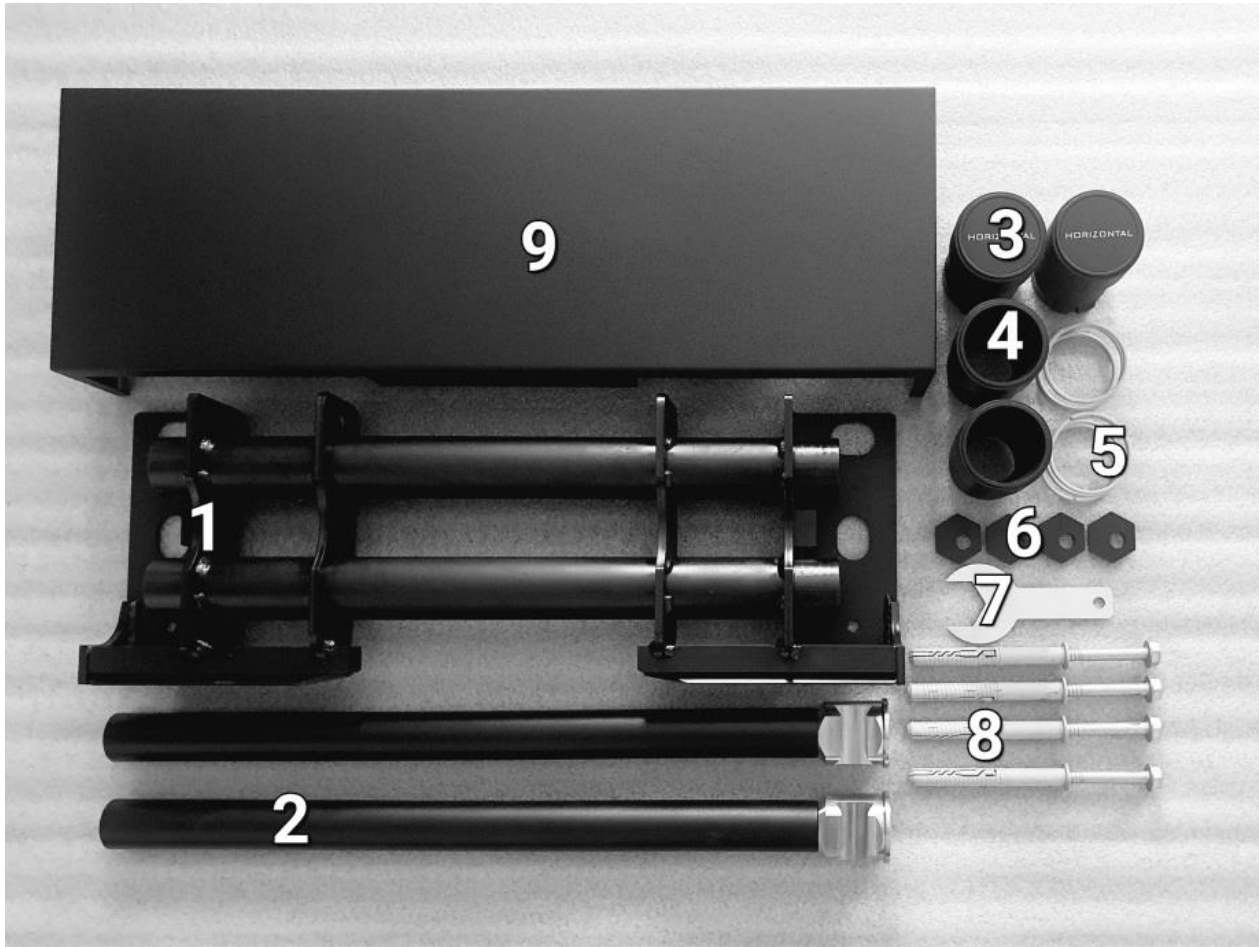
5. Breathing:

- Inhale as you lower your legs, and exhale as you lift them up.

Contents of the set

Specifications	
MANUFACTURER:	ACTIVESQUARE SPÓŁKA Z O.O.
BRAND:	ACTIVESQUARE
TYPE:	DIP BARS
MODEL:	HORIZONTAL
PRODUCT WEIGHT:	19 kg
CASE LENGTH:	660 mm
HEIGHT OF THE CASE:	205 mm
DEPTH OF CASE:	90 mm
HANDLEBARS LENGTH:	610 mm
DIAMETER OF THE HANDLEBARS:	38,5 mm
DISTANCE FROM THE WALL TO THE END OF THE HANDLEBARS:	630 mm
SPACING BETWEEN HANDLEBARS:	340-560 mm
MAXIMUM LOAD CAPACITY:	300 kg

List of parts



- | | |
|----------------------------|---|
| 1. Body 1x | 5. Springs for the pass-through socket 2x |
| 2. Handlebars 2x | 6. Eccentric washers 4x |
| 3. PUSH&OUT Sockets 2x | 7. Wrench for washer adjustment with eccentric 1x |
| 4. Pass-through sockets 2x | 8. Mounting pins 4x |
| 9. Case 1x | |

Assembly instructions

Pulling off the case

After taking Horizontal out of the box, you need to remove the case. To do this, perform the following steps:

- Place Horizontal on a flat non-slippery surface
- Pull out the handlebars (see page 14 PUSH&OUT system)
- Grab the case with both hands and move it to the left side and then pull the case towards you

Mounting to the wall

1. Apply the body to the wall at the desired height
2. Z mark the places where the mounting holes will be (with a marker or sharp tool)
3. Drill holes in the wall at the designated locations with a 14 mm diameter drill bit at a depth of 120 mm.

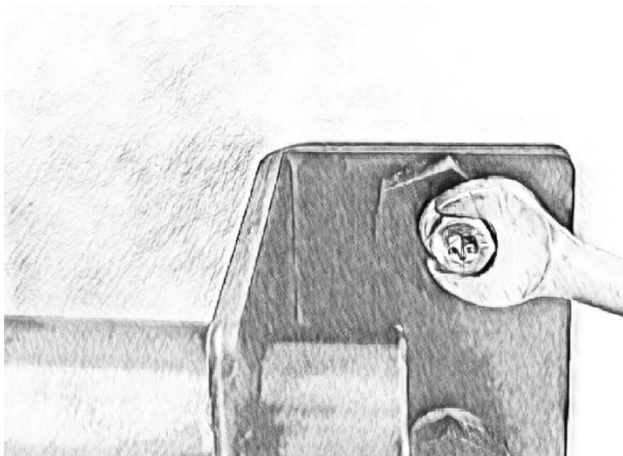
4. Drive the dowels into the drilled holes

Dowel length 125mm

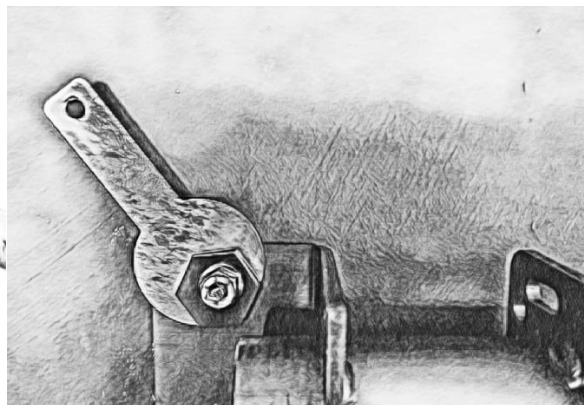
Dowel diameter 14mm

5. Apply the body and fasten with the mounting screws

Mounting screw length 140mm



Use a 17 wrench/TORX 40 to tighten the mounting screws.



Wrench from the eccentric washer kit to adjust the level of the body.

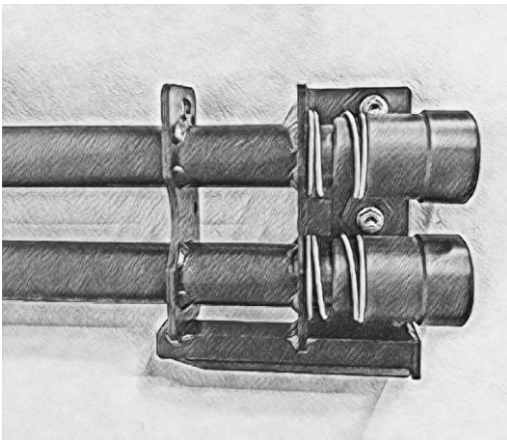
Assembly of sockets



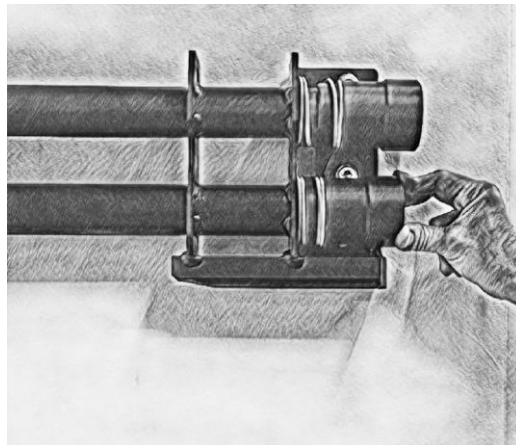
1. remove the 2 pass-through sockets along with the two springs



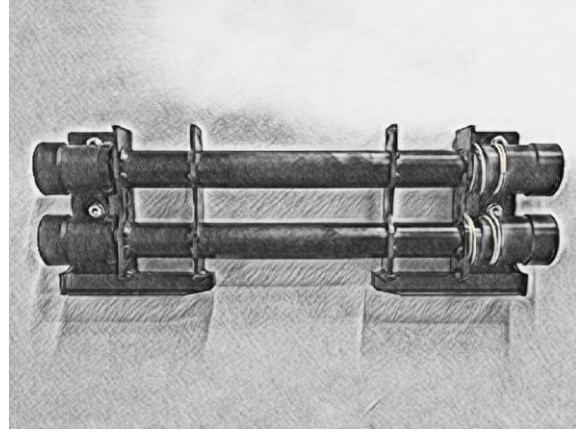
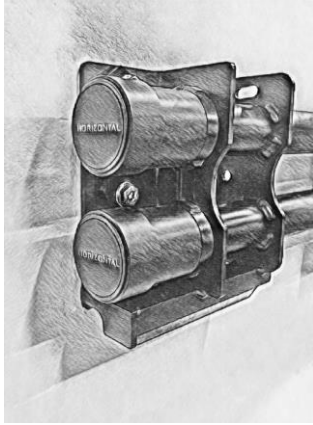
2. put the springs on the through sockets



3. Place the sockets together with the springs on the body. Remember that the through sockets should be installed on one side of the body, while the sockets with the PUSH&OUT System should be installed on the other side. In order for the case to stick to the body, the springs must be put on the through sockets.



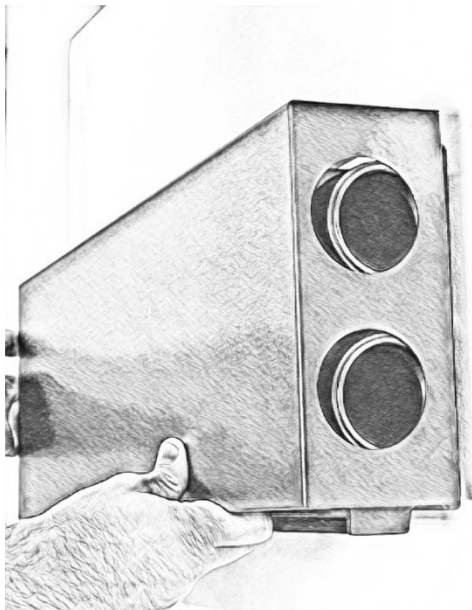
4. Check by pressing down that the springs are well inserted and do not lock.



5. on the other side, apply the sockets with the PUSH&OUT system

6. check the correctness of the installed components before you start putting on the case.

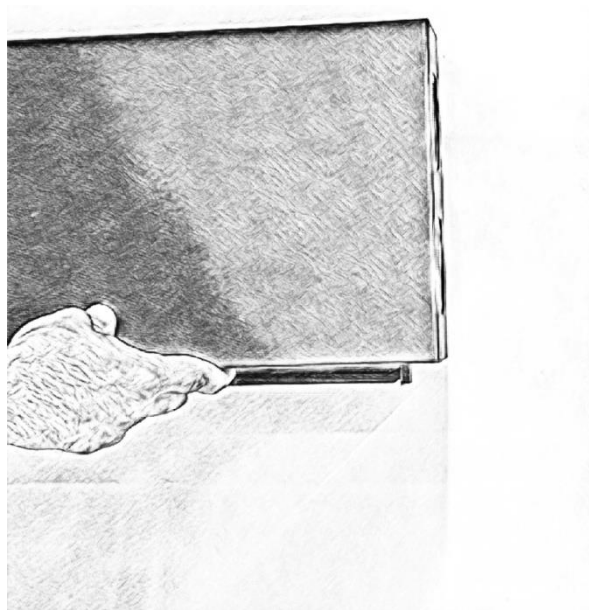
Case assembly



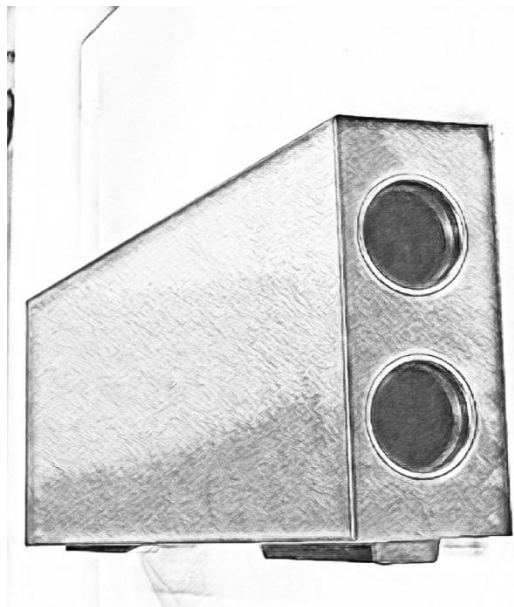
1. put the case on the side where the pass-through sockets are, then move the case to compress the springs.



2. Apply the case to the opposite part of the body.

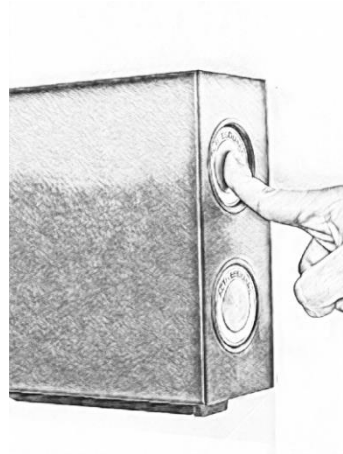
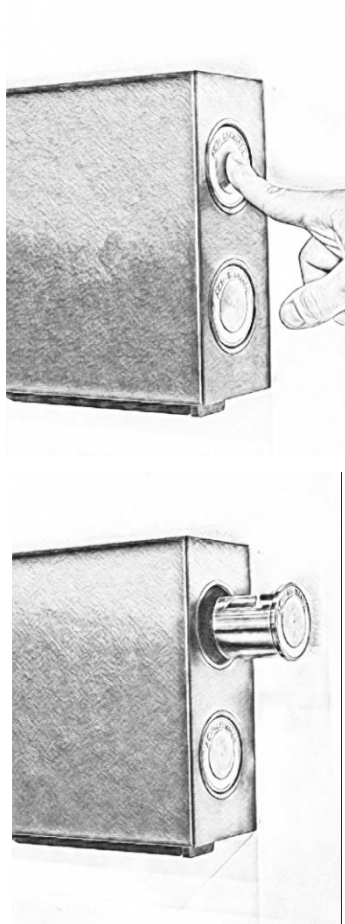


3. Slide the whole case evenly, you should hear the click of the slots popping into the holes in the case.



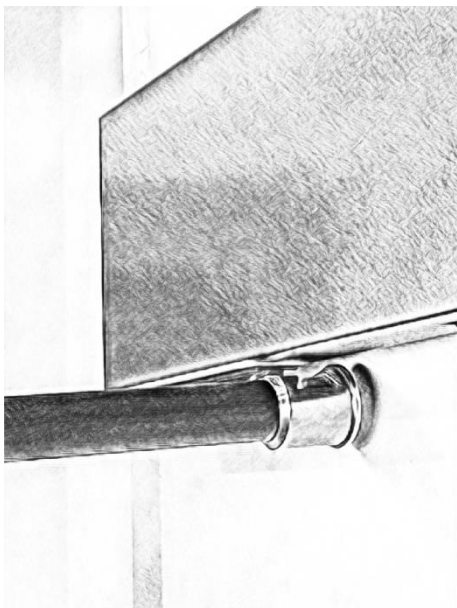
4. Check the correctness of the installed components.

Operation of the PUSH&OUT system

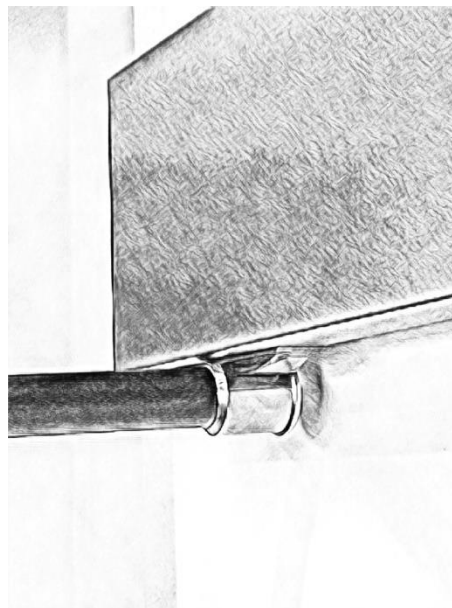


To pull the handlebars out of the case, push them inward, the PUSH&OUT system pushes the handlebars out a few centimeters to give you a better grip.

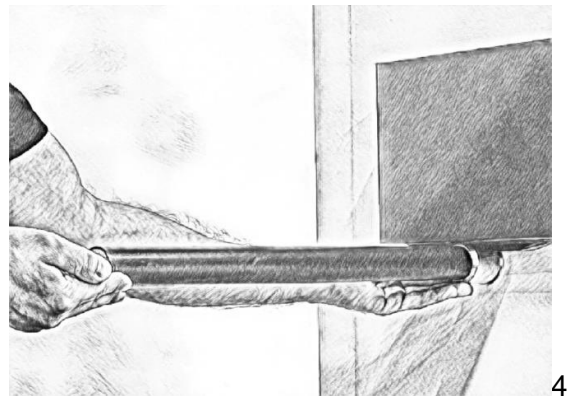
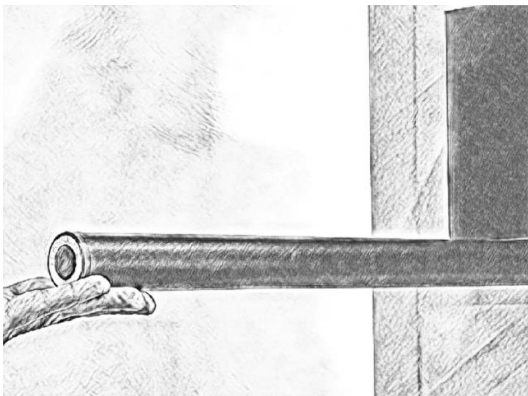
Operation of the UP&SLIDE system



1. Position the handlebars parallel to the beam



2. Slide the handlebar onto the beam



3. To unlock the ability to move the handlebar, gently lift the end of the handlebar.

Remember that the handlebar locks in the neutral position and the extreme top position.

4. For easier adjustment of the handlebar spacing, you can grab the handlebar heads with your other hand.

Maintenance

1. Remember that systematic cleaning will keep the device in good condition and prolong its life.
2. HORIZONTAL is designed to minimize maintenance activities.
3. Before each use of the device, make sure that the body is properly attached to the wall.
4. To ensure maximum safety of use, regularly check for wear and tear on individual components
5. If you notice damage or wear and tear of components, immediately stop exercising and report it to the manufacturer.
6. Replace worn or damaged parts only with original parts.
7. Protect the device from moisture. Use a soft cloth to remove dirt.
8. Wipe the device thoroughly dry after each workout.
9. The product should be installed in dry, clean and well-ventilated areas.
10. Avoid exposing the device to direct sunlight.
11. The body has been protected by oxidation. To prolong its life once a year clean it, then apply a thin layer of oxide care oil with a soft cloth

Environment protection

When designing HORIZONTAL, we did our best to make sure you can enjoy our product for many years. When the product has reached the end of its useful life or if possible repair is uneconomical, dispose of it in accordance with local regulations and in an environmentally friendly manner at the nearest junkyard.

Proper disposal will protect the environment and natural sources. In addition, you can help protect human health. If you are unsure about proper disposal, ask local authorities to avoid violations of the law or sanctions.

Return policy

1. Within 14 days of receiving the product (consumer) may withdraw from the sales contract without giving any reason. To withdraw from the contract, you must fill out the RETURN FORM and send it back with the product within 14 days from the date of delivery of the product. The deadline for withdrawal expires after 14 days from the day you took possession of the product.
2. The downloadable return form can be found on the official website www.activesquare.eu under the "Return and Complaint" tab. Print and fill out the form and send it back with the returned product.
3. The consumer is obliged to return the product immediately, no later than within 14 days from the day on which he made a statement of withdrawal from the contract.
4. At the time of withdrawal from the contract by the Consumer, we are obliged to return the payment. The method of returning the payment, shall be agreed between the Customer and the Seller.
5. If we do not receive the Item from the Customer or do not receive proof of its return, we will withhold reimbursement. If the Customer returns the Item before the expiration of 14 days, the deadline is met.
6. The seller shall not be liable for non-refund or delay of refund in case the buyer has not provided the required and complete data to enable the refund.
7. In the case of effective withdrawal from the contract by the consumer, the contract is considered not concluded, and the seller will return to the buyer the payments received for the subject of the contract, immediately, and in any case no later than within 14 days from the date on which the seller was informed of the decision of the buyer to exercise his right of withdrawal from the contract. The customer shall bear the cost of shipping and return for the Item. The cost of returning the Item, due to its large size and weight, may significantly exceed the cost of ordinary postage.
8. The product must be returned in the condition in which it was delivered. This means that the product must be unused and complete.
9. In the event of withdrawal from the contract, the customer shall be liable for any diminution in the value of the thing, which is the result of using it in a manner beyond the necessary to ascertain the nature, functioning and characteristics of the thing.

Warranty conditions

Guarantee:

ACTIVESQUARE SPÓŁKA Z OGRANICZONĄ ODPOWIEDZIALNOŚCIĄ

Żyraków 186, 39-204 Żyraków

NIP 8722440155 REGON 523853999

1. Warranty period 24 months for individuals, 12 months for companies from the date of purchase, provided that the product is used as intended.
 2. The warranty does not cover deterioration of the product due to normal wear and tear and in the following cases:
 - a) Mechanical damage to the product and causing a defect in it
 - b) damages and defects caused by:
 - improper or inconsistent with the instructions for use, storage and maintenance
 - arbitrary (made by the user or other unauthorized persons) repairs, alterations or structural changes.
 - fortuitous events for which the guarantor is not responsible.
 - c) Corrosion of the device due to excessive humidity.
 3. Any defects and damages disclosed during the warranty period will be repaired free of charge within a maximum of 21 days from the date of delivery of the product to the manufacturer or service.
 4. The warranty does not cover installation, maintenance activities which, in accordance with the user's manual, the user is obliged to perform on his own.
 5. In the case of legitimacy of the complaint, the Guarantor undertakes, to repair the complained equipment.
 6. The possibility of replacing the equipment with a new one is possible only if there is no possibility of repair and if the defect of the object of sale is significant.
 7. You are entitled to a refund for the purchased product only if the defect is significant and if there is no possibility of repairing the advertised equipment and the warranty has been recognized.
 8. The product returned for repair should be complete. If it is found to be missing, the service has the right to refuse to accept it for repair.
 9. The customer is responsible for delivering the advertised goods at his own expense. The product for shipment must be properly protected.
 10. we do not refund shipping costs. We do not receive packages on delivery.
- all comments and complaints should be submitted in writing to the following e-mail address: biuro@activesquare.eu
- The complaint form should include such information as:
- Name, proof of purchase, phone number, address, description of the defect.
11. Warranty card without seal and date of sale, serial number, sales receipt number with corrections made by unauthorized persons is invalid.
 12. The customer will be informed of the completion and decision of the outcome of the complaint by telephone or by e-mail.

Warranty card

Warranty card			
Model:..... Serial number :..... Purchase receipt number :..... Sale date :.....			<i>Seller's stamp and signature</i>
Receiving date :	Date of execution :	Repair scale :	Seal and signature of the service :