

## Press dip bars with adjustable sit up board plan



On this page you can download a plan for the making of a simple yet multifunctional piece of exercise equipment consisting of press dip bars and a sit-up board. The whole construction is made of metal (except for the board (Part 11 - Plank) which is made of wood) and consists of a structure on whose upper part there are press dip bars, and on the lower part a ladder used for the sit-up board to lean against. The ladder has 6 height adjustments which also serve to adjust the sit-up board slant.

This is a simple construction to which you can add numerous options for more comfort and lots of extra exercises:

- The sit-up board can be modified (by shortening the Plank (Part 11)) in order to install roller pads for easier access and greater comfort. In this way, you won't have to lean your feet on the ladder.
- The sit-up board can be padded to make it more comfortable.
- The press dip bars can be modified to enable the captain's chair exercise (vertical knee raise).

With press dip bars you can perform dips, knee raise and captain's chair. The muscles most affected by exercise on the press dip bars are: the back, pectorals, triceps, lats and shoulder muscles all at the same time.

To perform the dips (or push-ups) exercise:

- pull yourself up onto the dip bar so that your body is vertical and all the pressure is on your hands
- lower yourself down until the top part of your arms become horizontal
- then you push yourself back up to a vertical.

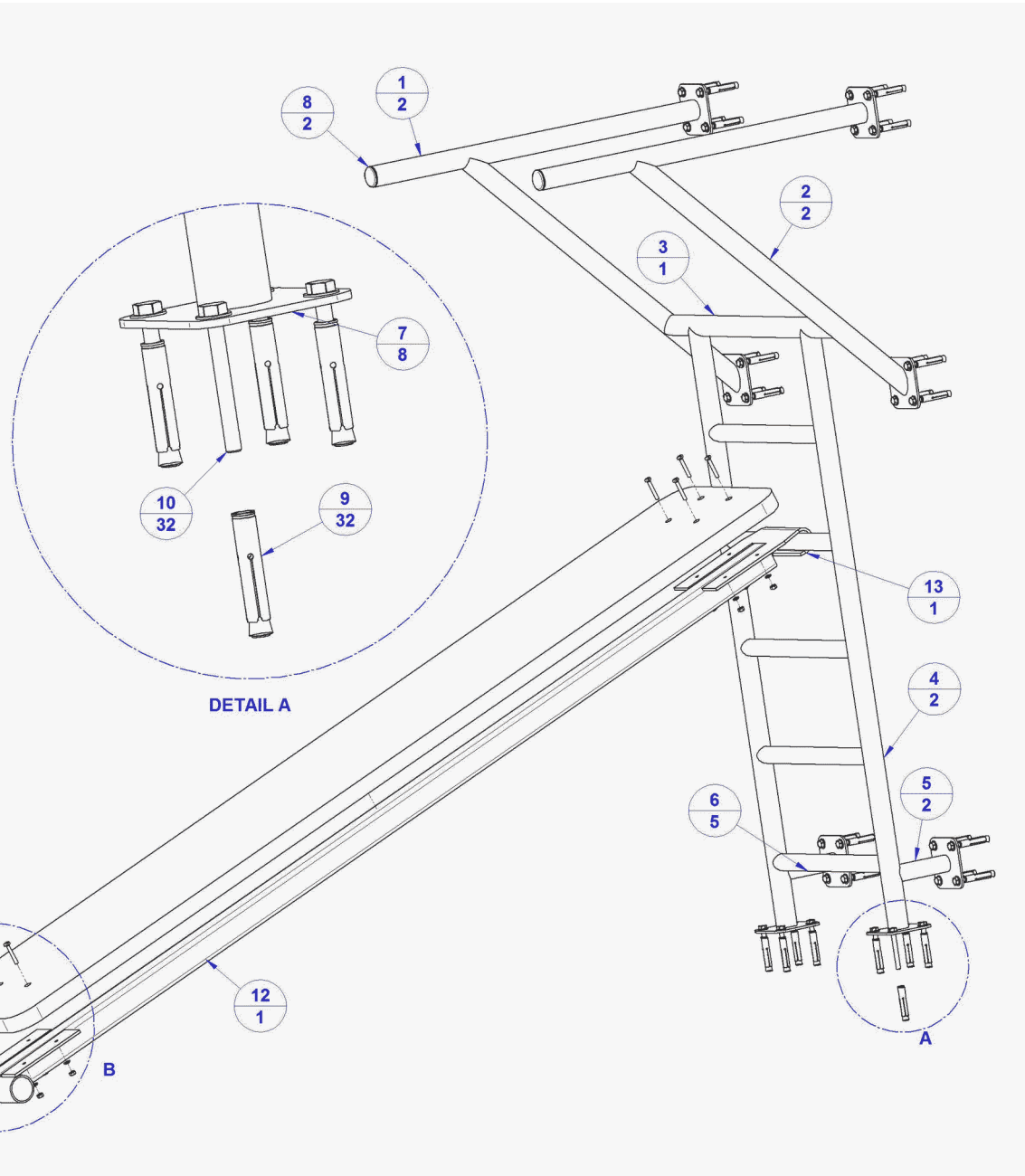
As you may conclude from the above explanation, by doing the dip exercise you can build up a lot of strength in your upper body quite quickly. On the other hand, by practicing on the sit-up board you can add strength and tone to the entire abdominal section. With press dip bars you can perform a large number of exercises: crunches, sit-ups, leg raise, Russian twist, push-ups for newbies.

There are a lot of pictures and videos on the Internet that will explain how to practice effectively on press dip bars or sit-up board. This is a multifunctional device for the workout of the upper body and abdomen, and if you adjust it to yourselves (both construction and comfort), you can have a professional exercise machine at an extremely low price. One more of its great features is that the whole device is easily stored away taking up minimal space (put the sit-up board behind the ladder).

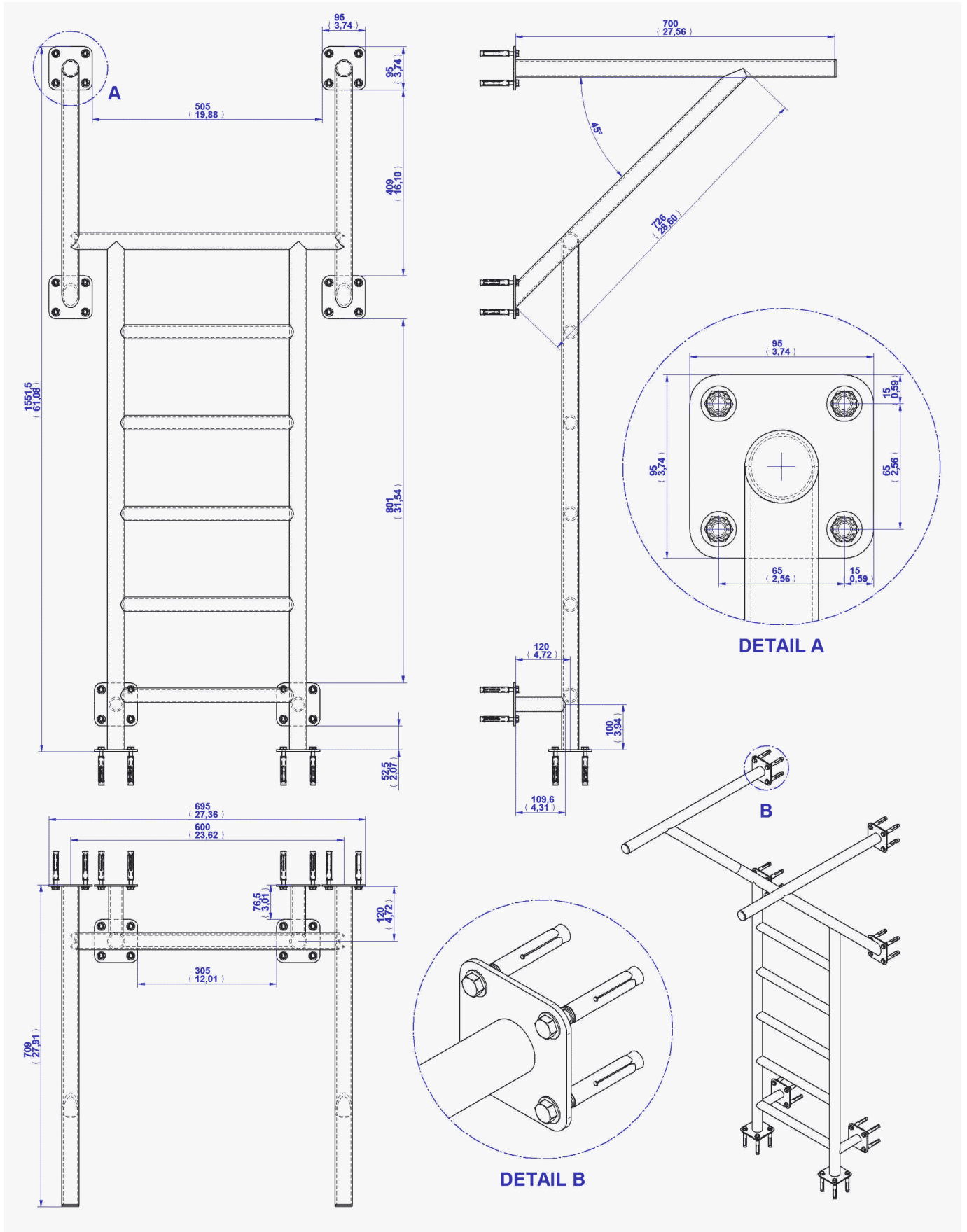
The making of this device is not difficult and requires only the basic knowledge and experience in metal processing and welding. Also, for manufacturing you need some basic tools (ruler (tape measure), angle grinder, screwdriver ...) and a welding machine. The construction is mounted on the wall and floor with anchors and screws, whereas the wall and floor must be of hard material. Apply primer paint to the construction to protect it from corrosion and paint with color.

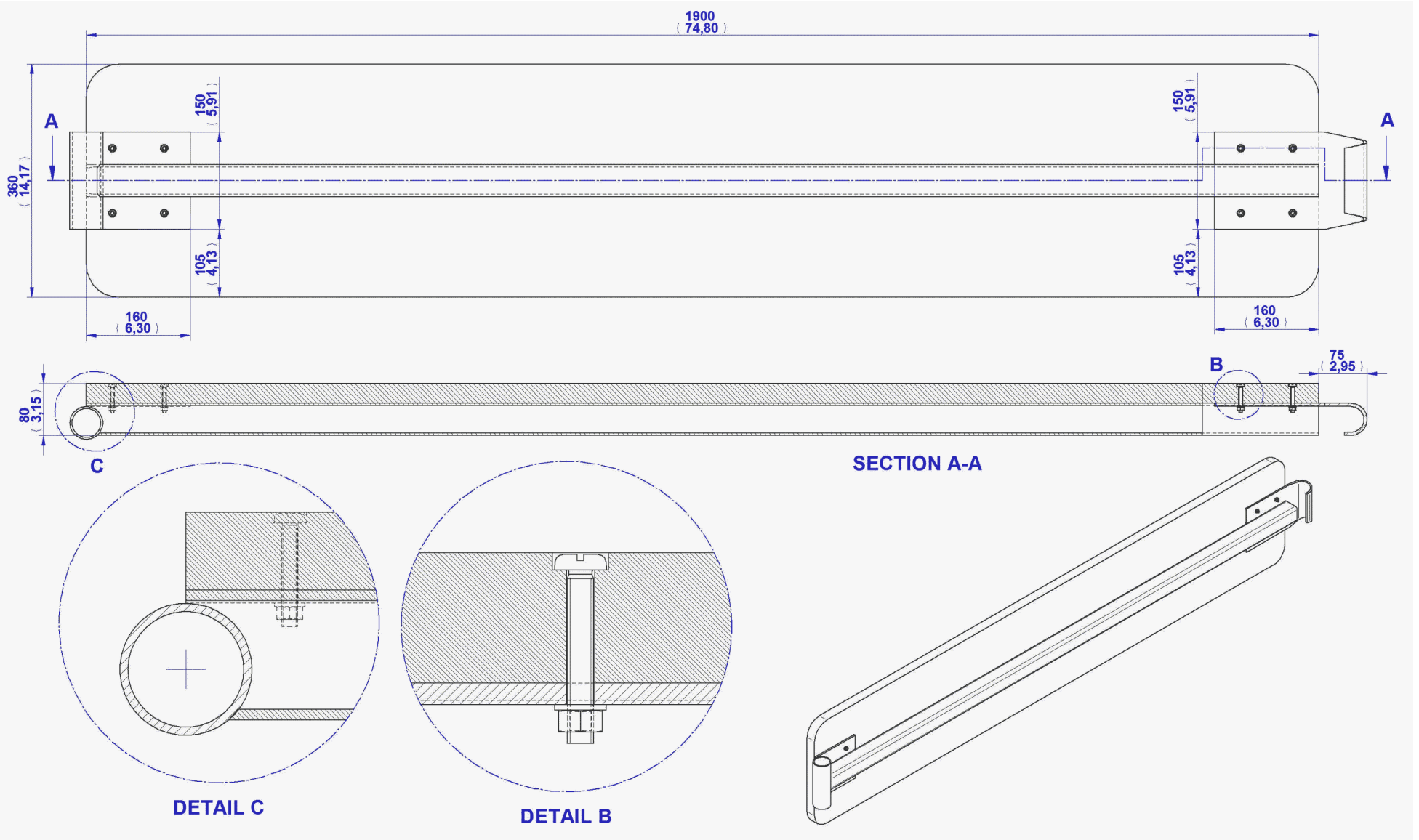
Parts List

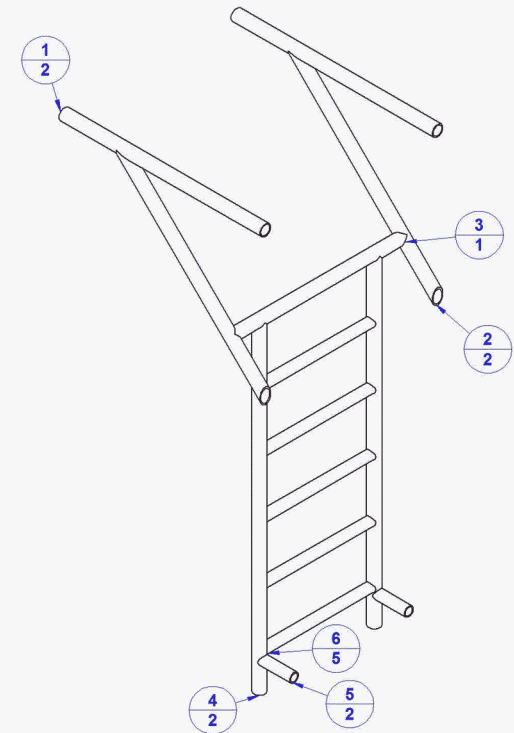
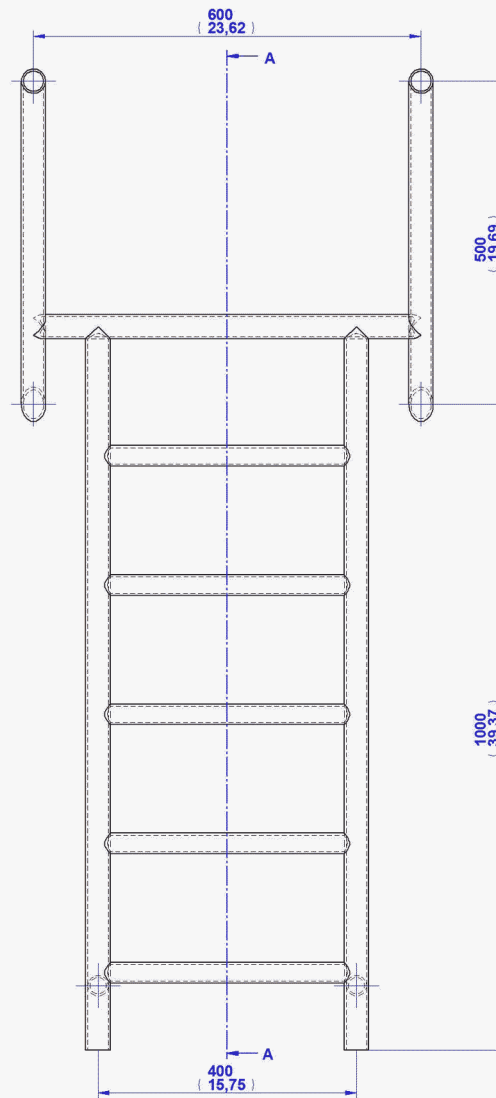
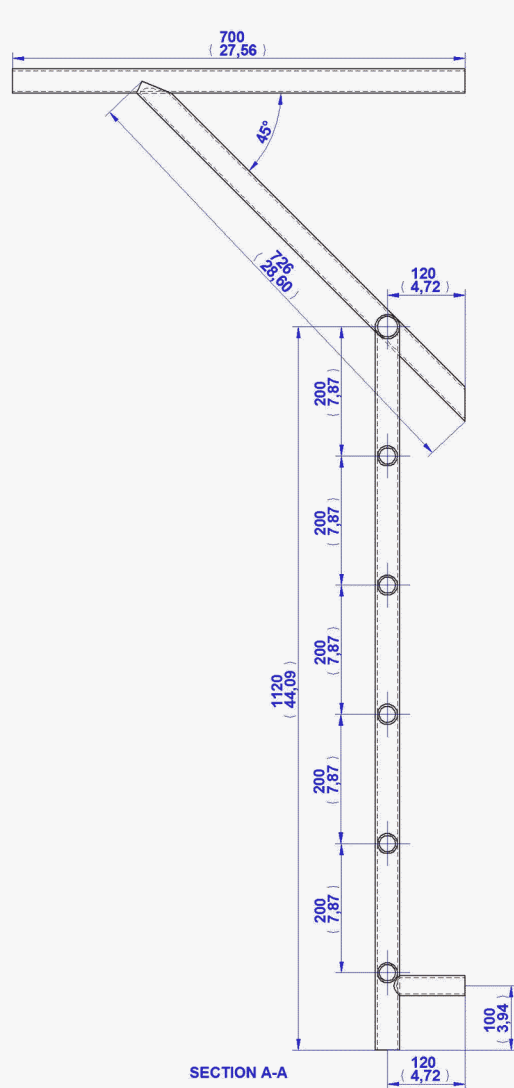
Item Number	Title	Material	Quantity	Category	Cut Length
1	Round Tubing Ø38x3.2mm	Steel	2		700,00 mm
2	Round Tubing Ø38x3.2mm	Steel	2		(726,11 mm)
3	Round Tubing Ø38x3.2mm	Steel	1		(600,00 mm)
4	Round Tubing Ø38x3.2mm	Steel	2		(1120,00 mm)
5	Round Tubing Ø31,8 x 3,2mm	Steel	2		(109,60 mm)
6	Round Tubing Ø31,8 x 3,2mm	Steel	5		(379,20 mm)
7	Support	Steel	8		
8	Cover Ø38mm	Steel	2		
9	Fischer	Steel	32	Standard Part	
10	Hexagon Bolt M8x70mm	Steel	32	Standard Part	
11	Plank	Wood	1		
12	SQUARE TUBING 50x50x4	Steel	1		1900,00 mm
13	Hook	Steel	1		
14	Sheet	Steel	2		
15	Round Tubing Ø51 x 3,2mm	Steel	1		150,00mm
16	Slotted Pan Head Screw M6x40mm	Steel	8	Standard Part	
17	Spring Lock Washer 6	Steel	8	Standard Part	
18	Hexagon Nut M6	Steel	8	Standard Part	



# 2D Documentation

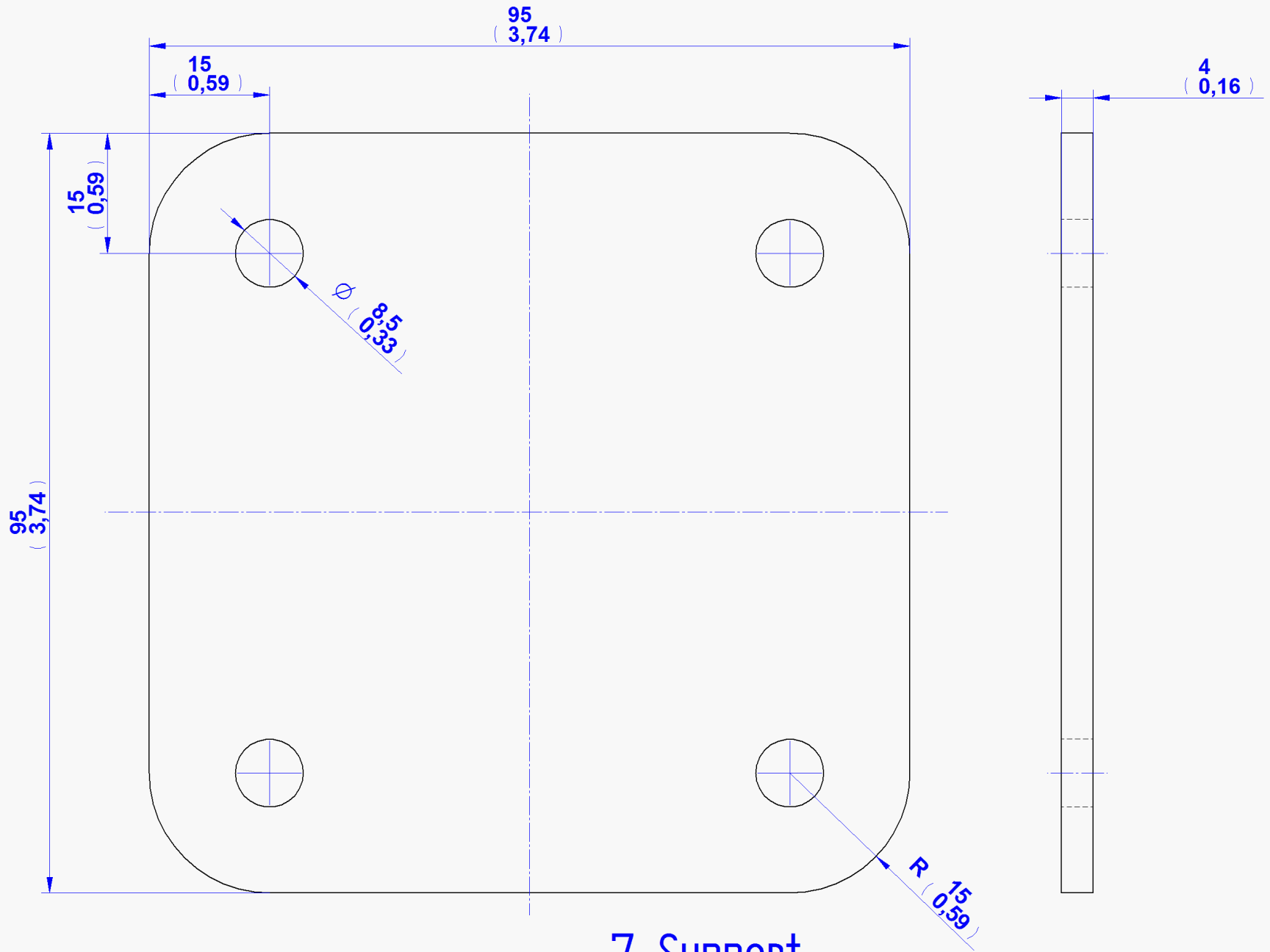




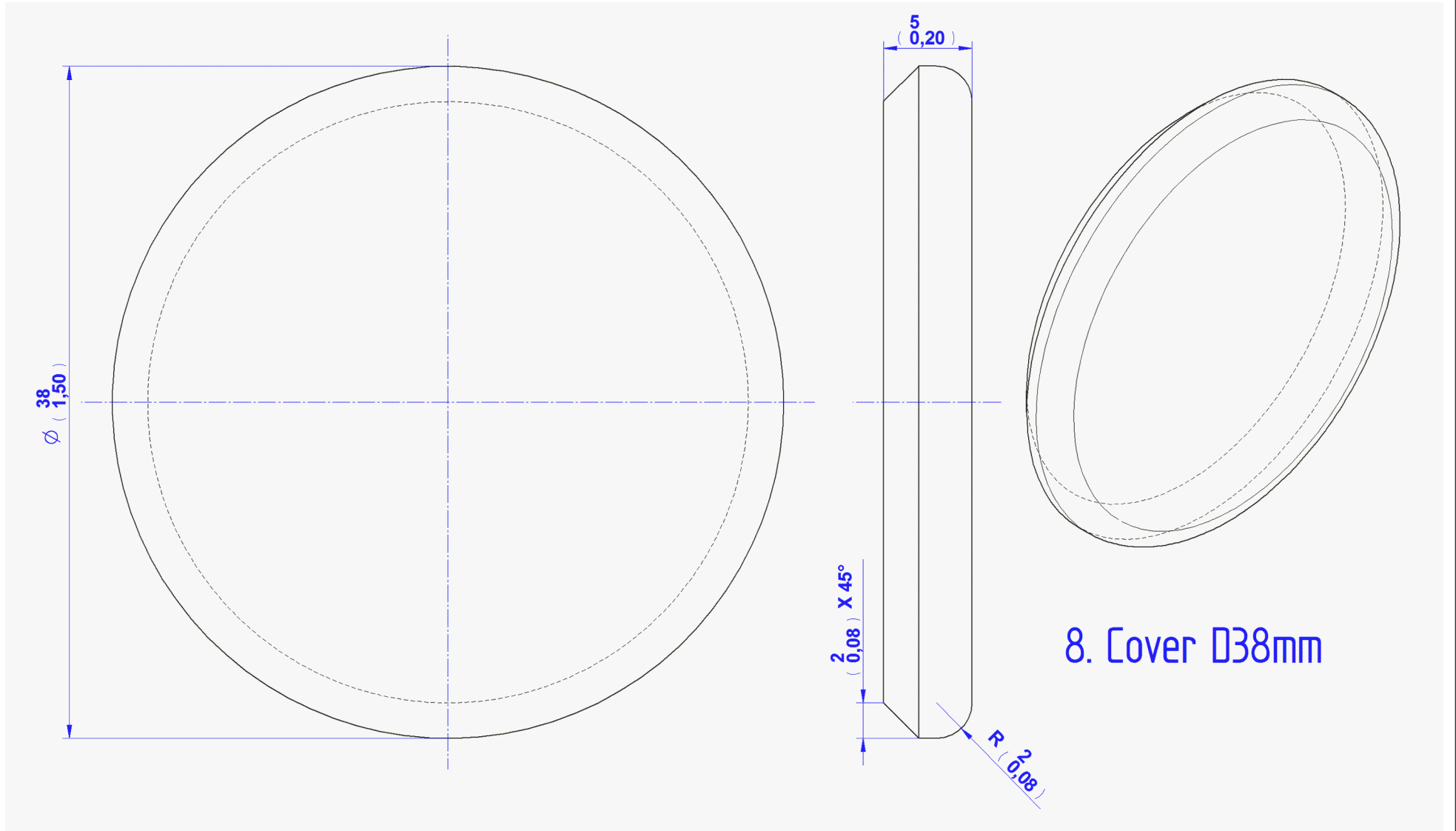


**FRAME COMPONENTS**  
Parts 1, 2, 3, 4, 5, 6

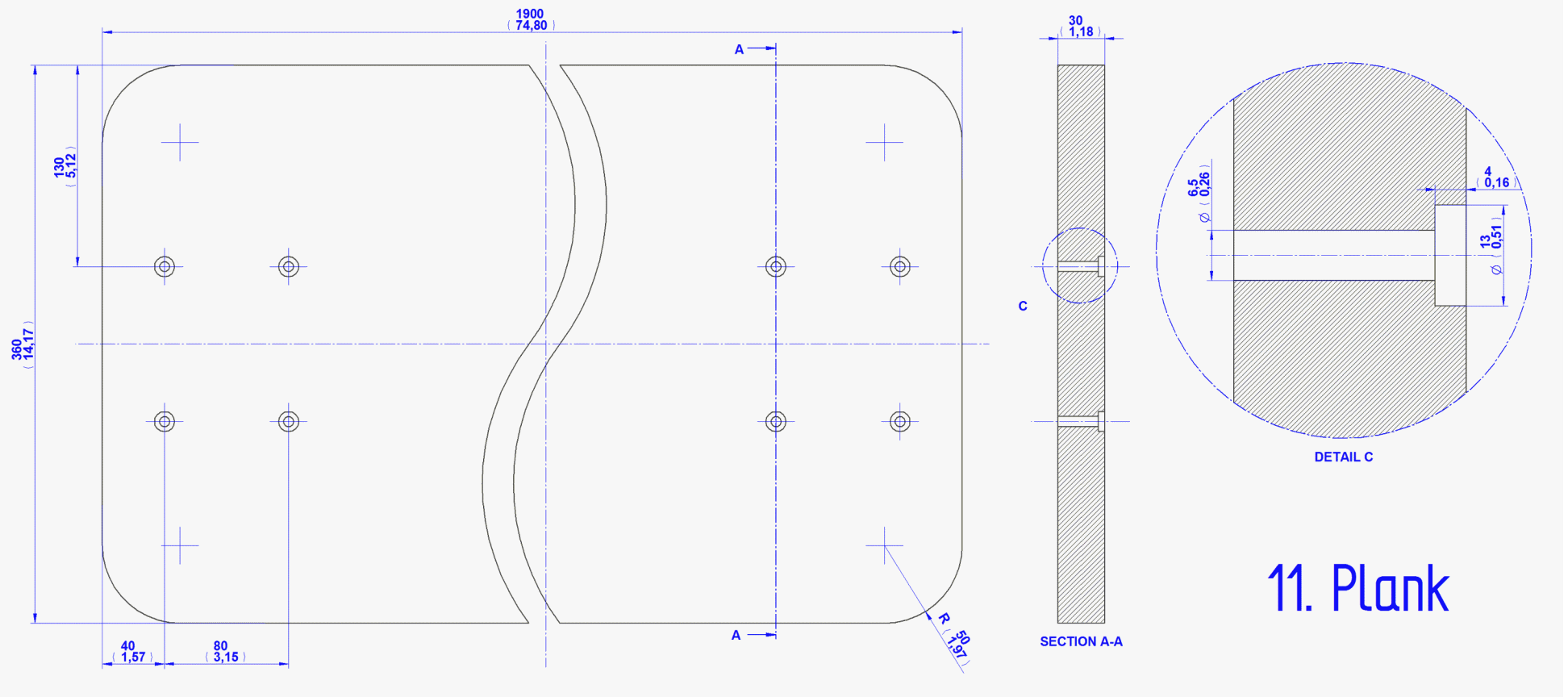
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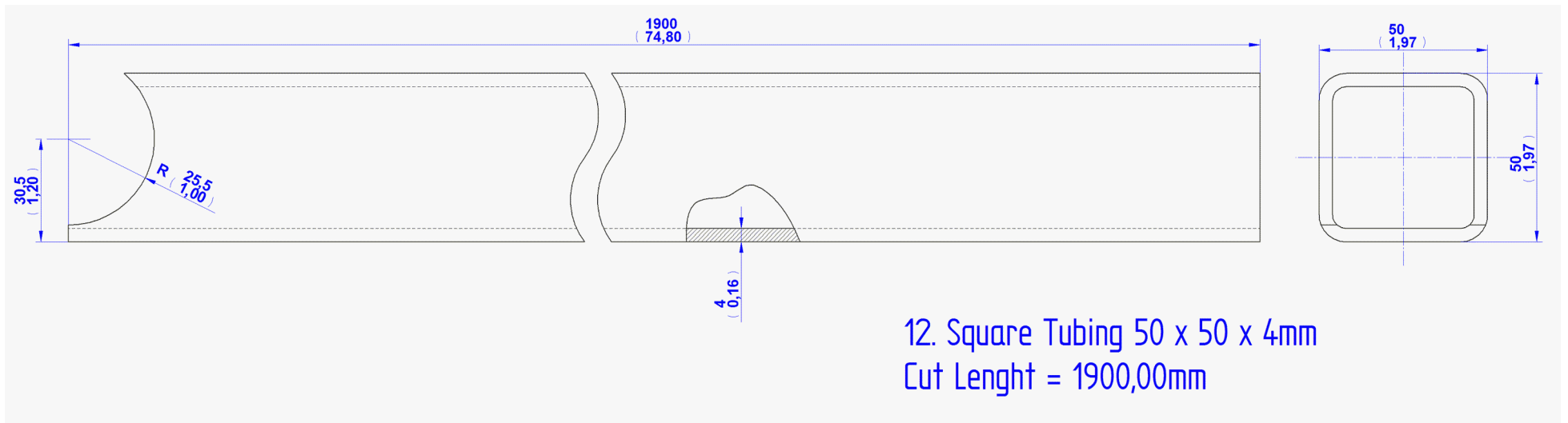
7. Support

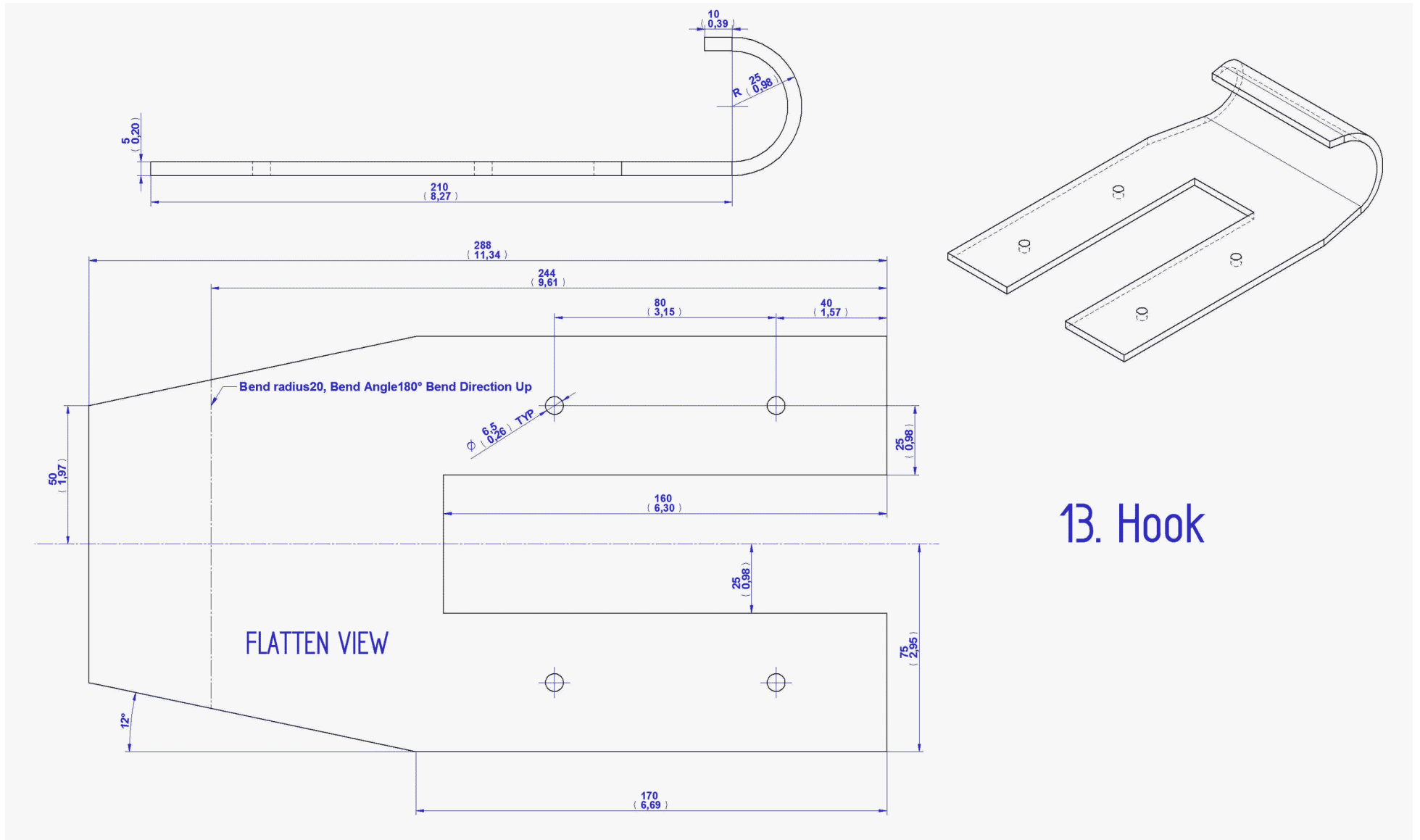




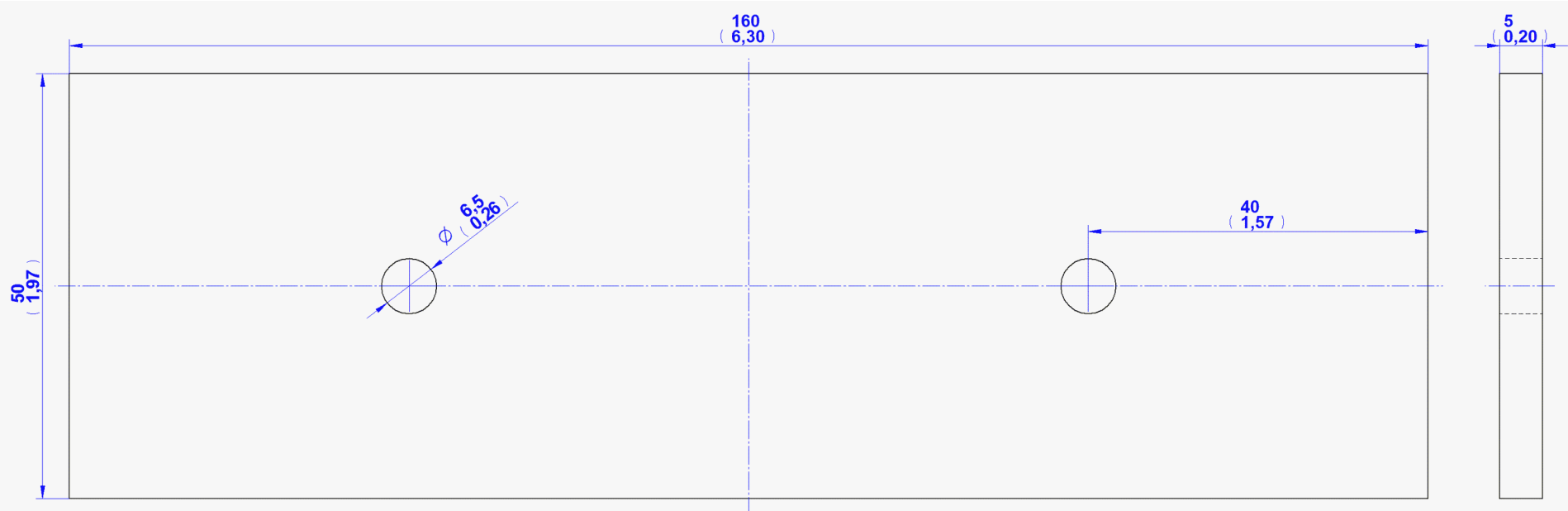


# 11. Plank

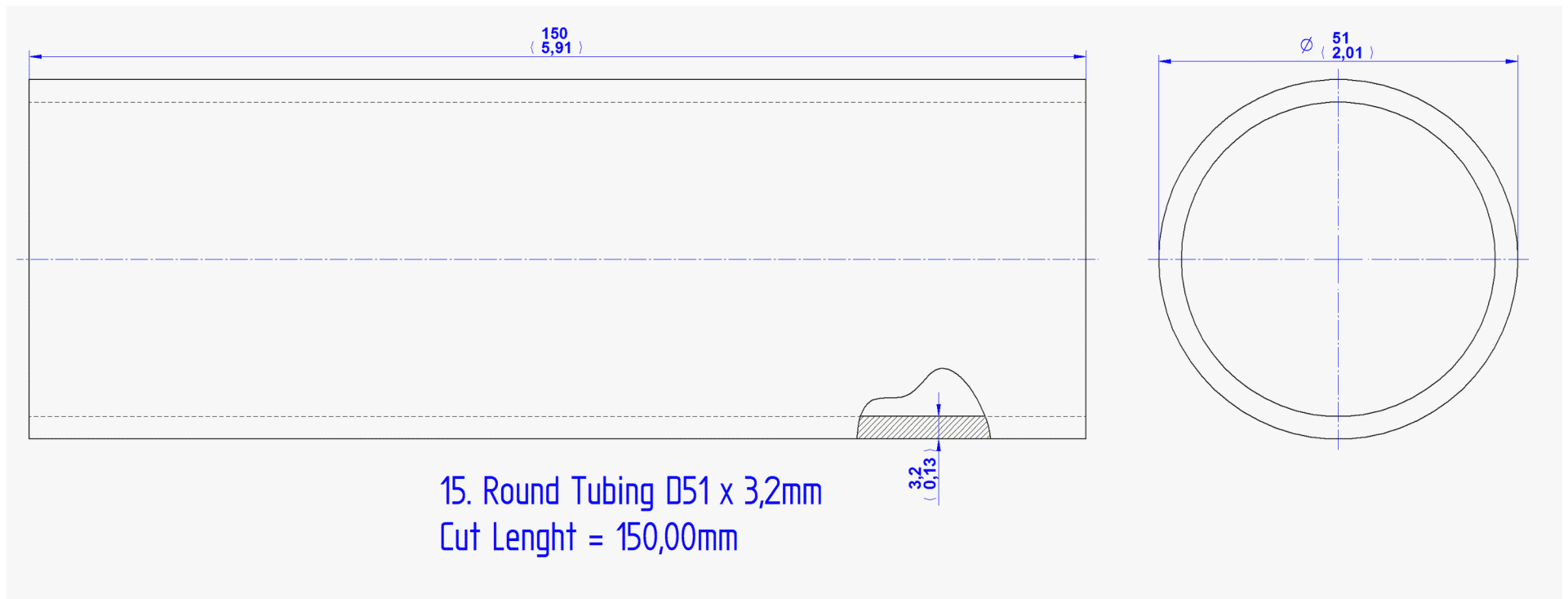


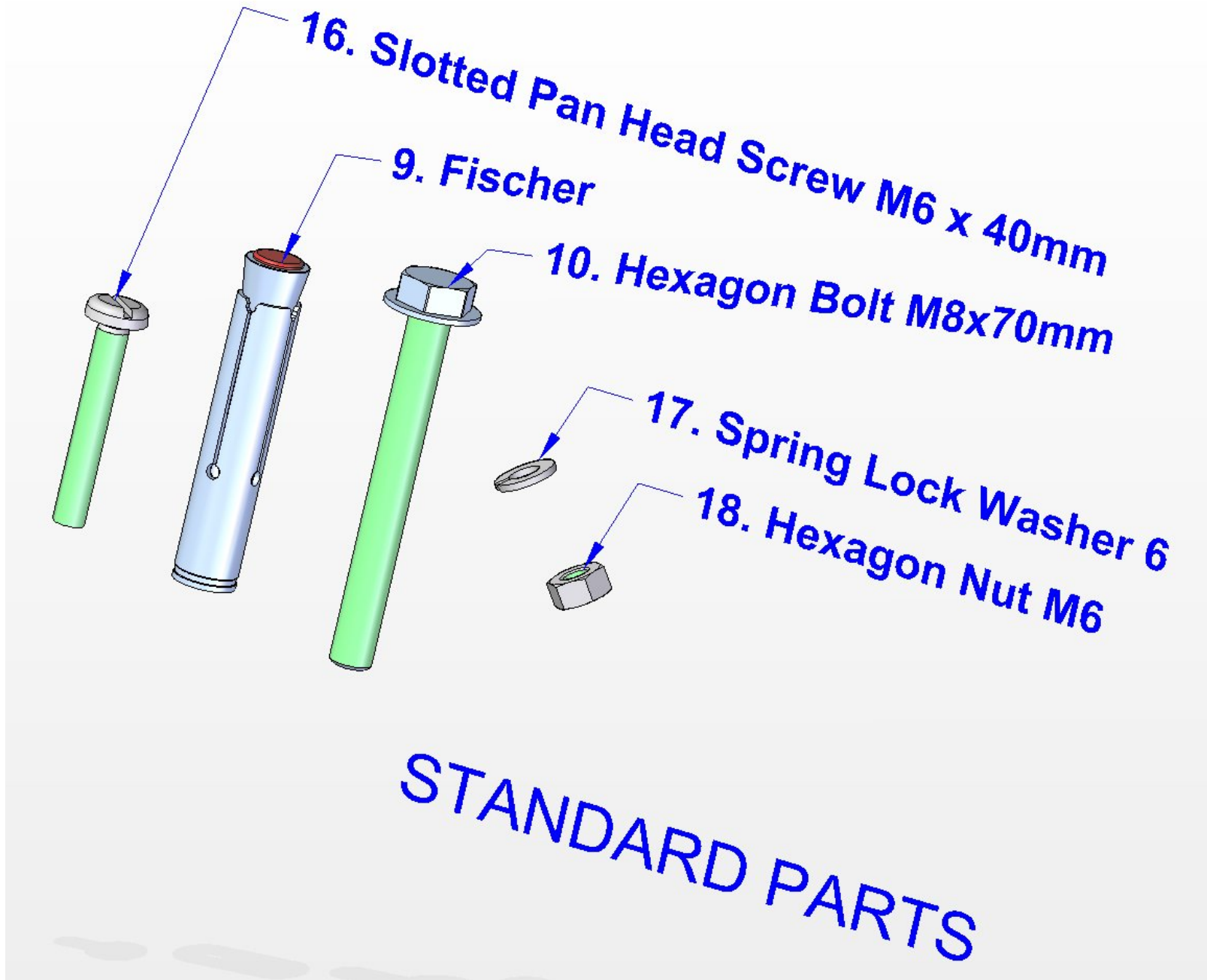


### 13. Hook



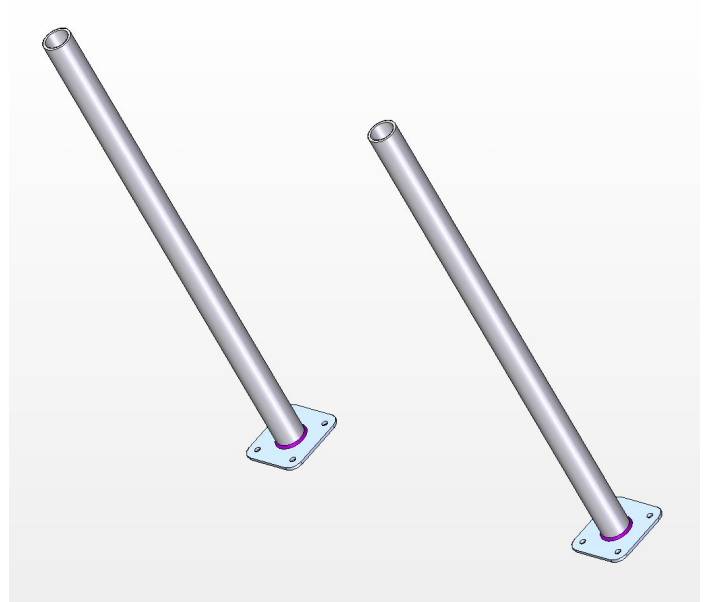
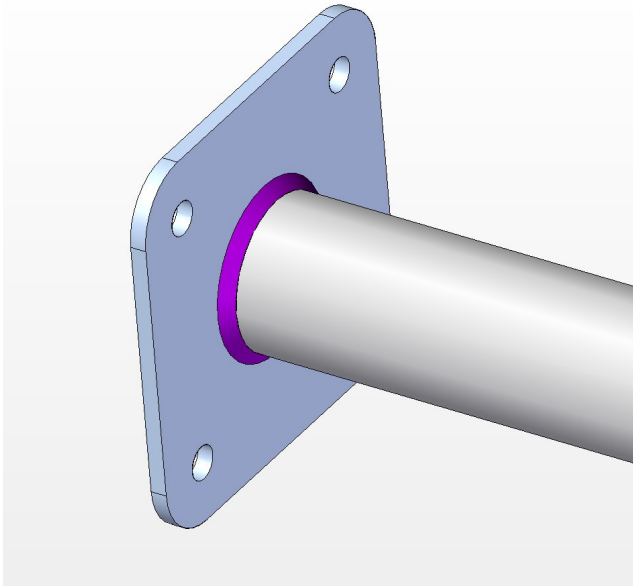
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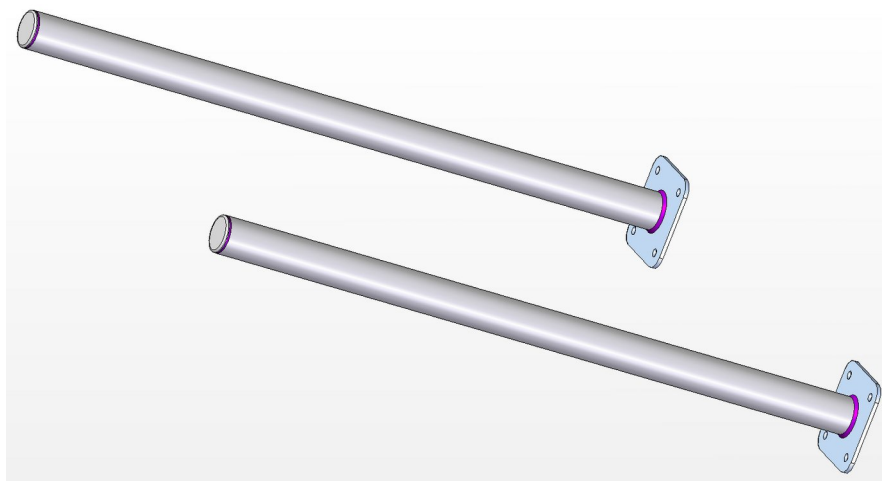
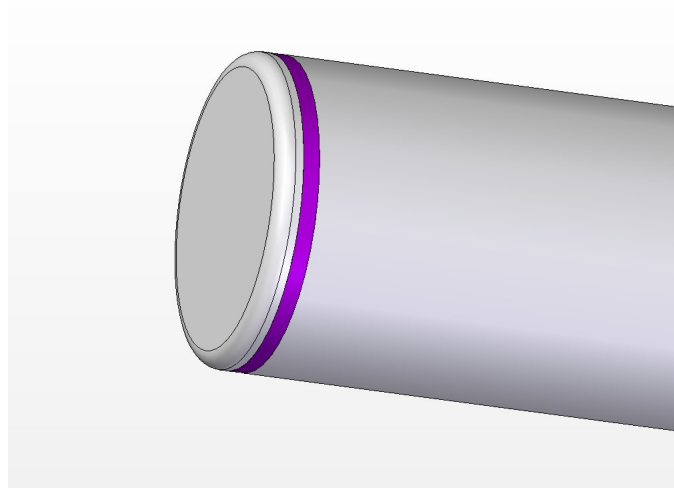


## Assemblage images

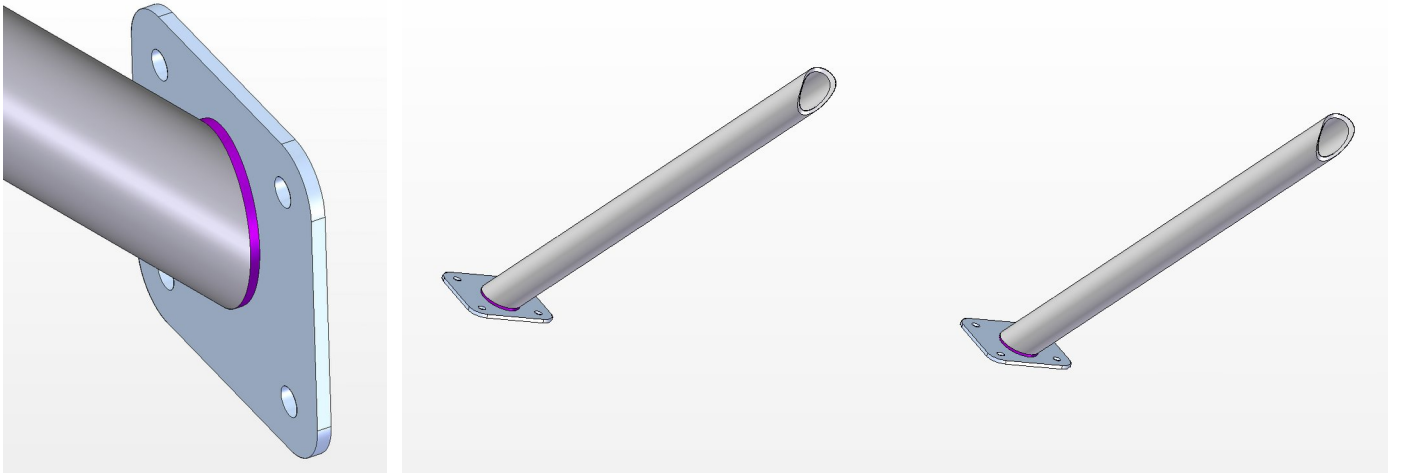
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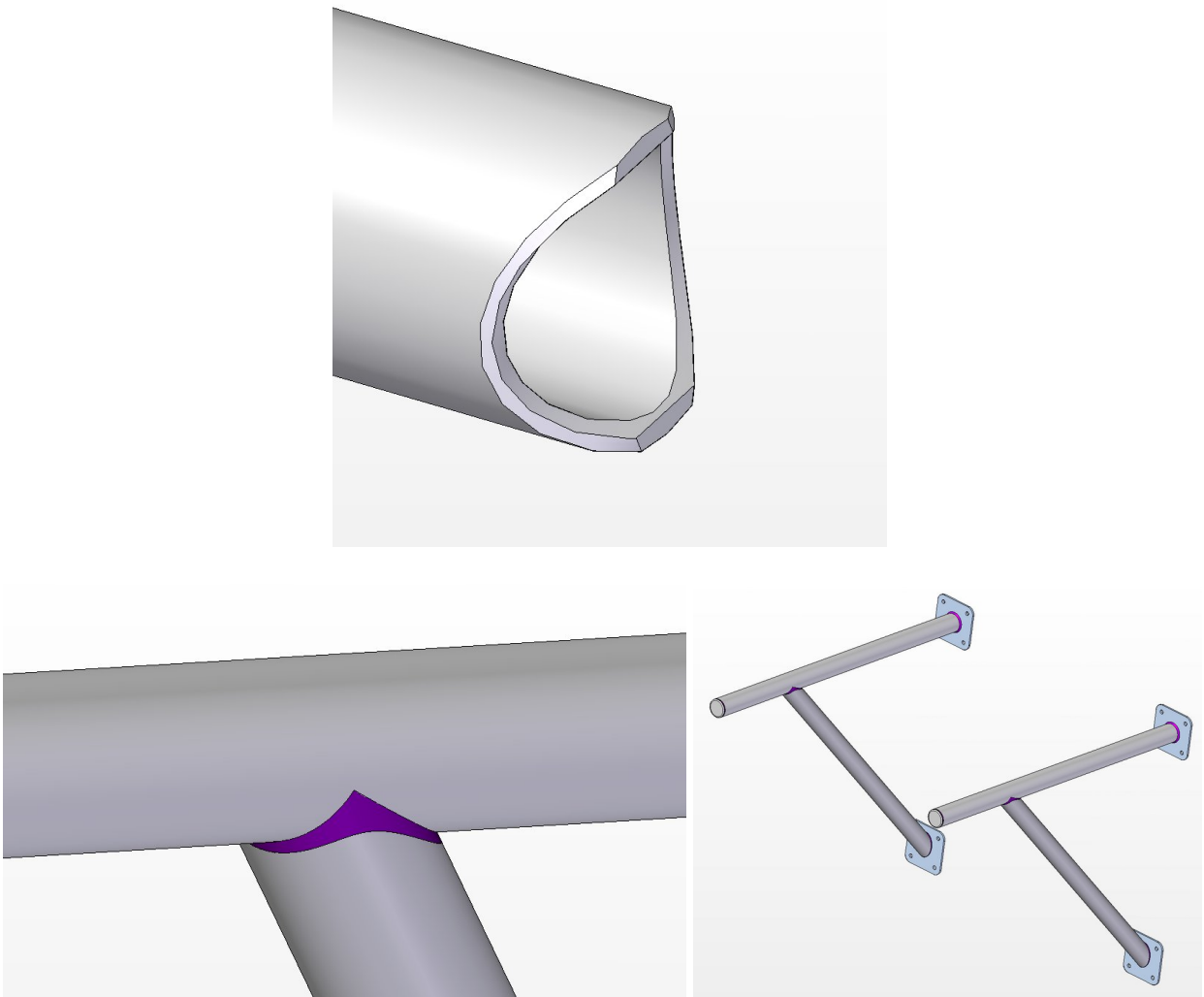
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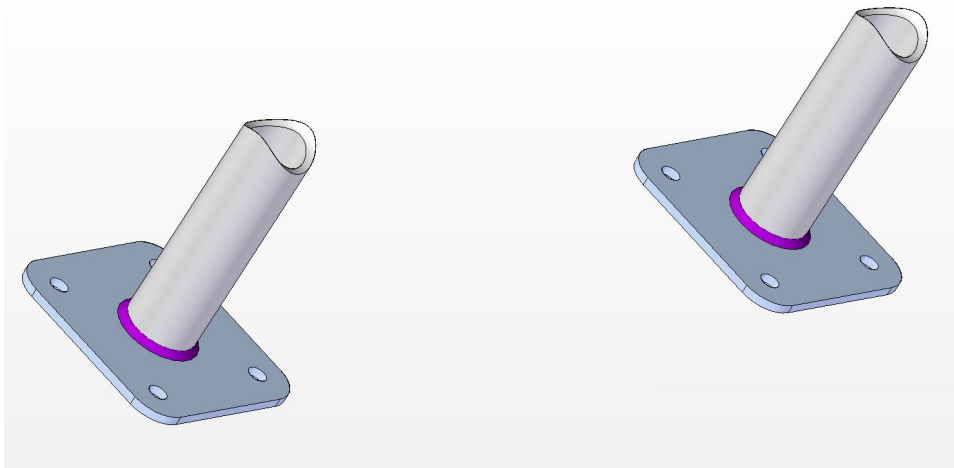


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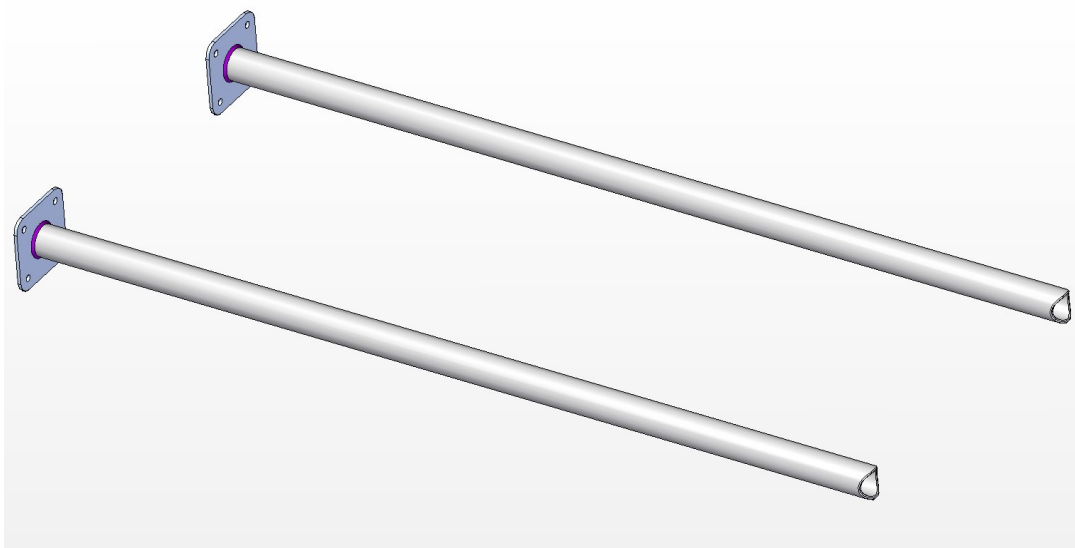
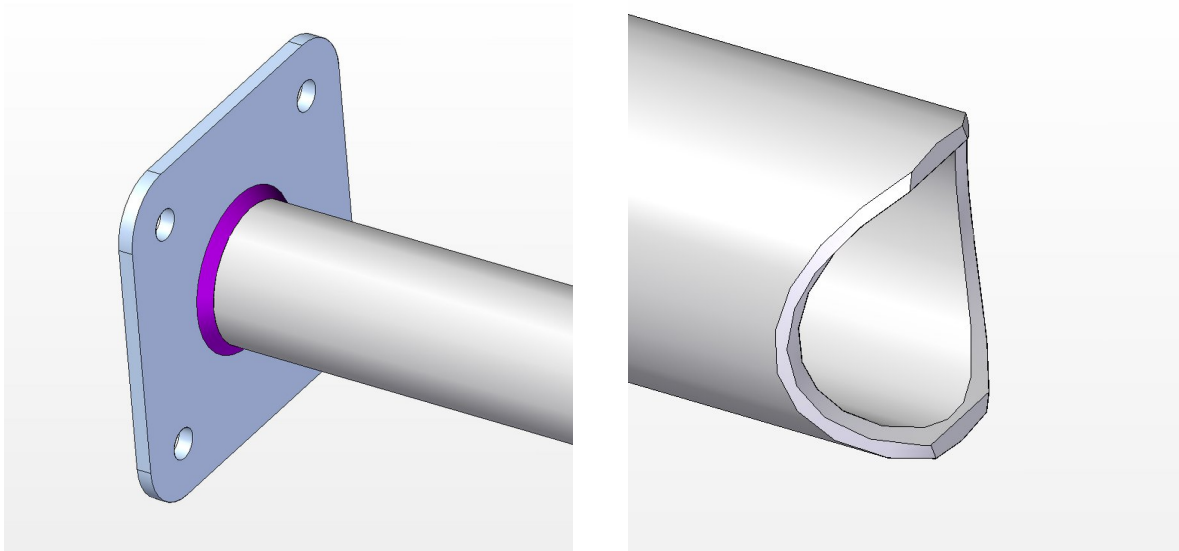




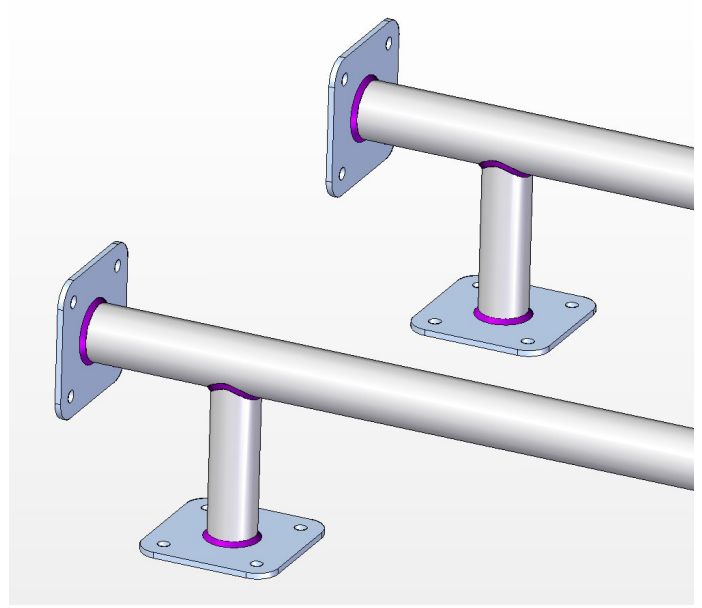
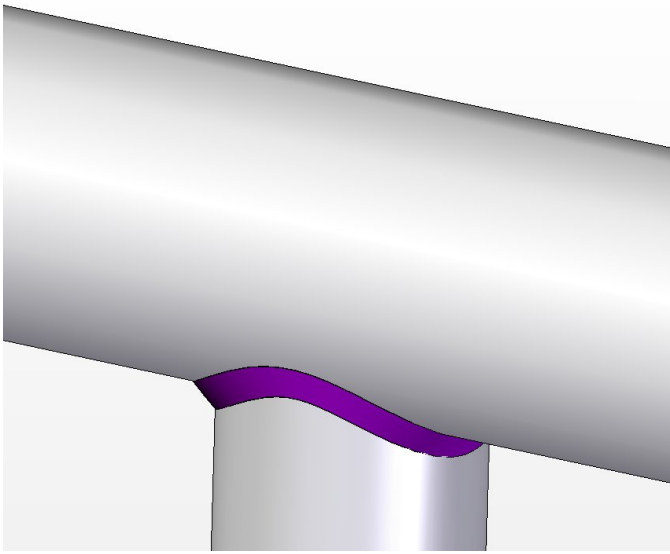
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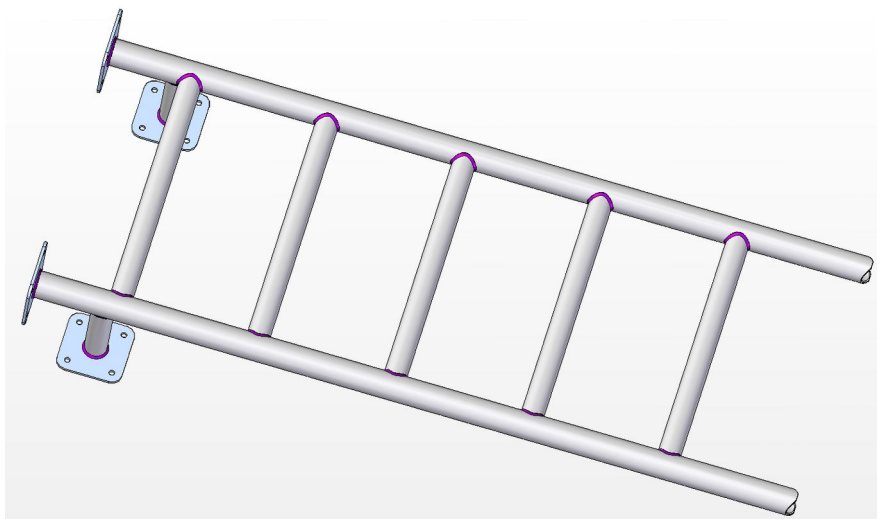
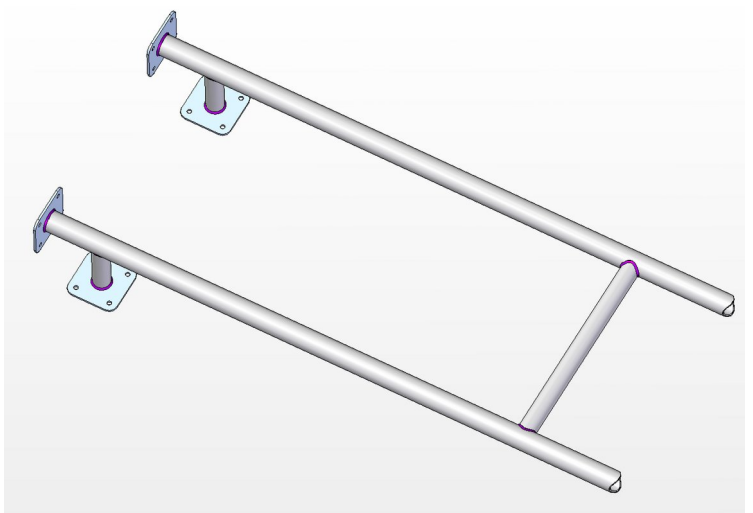
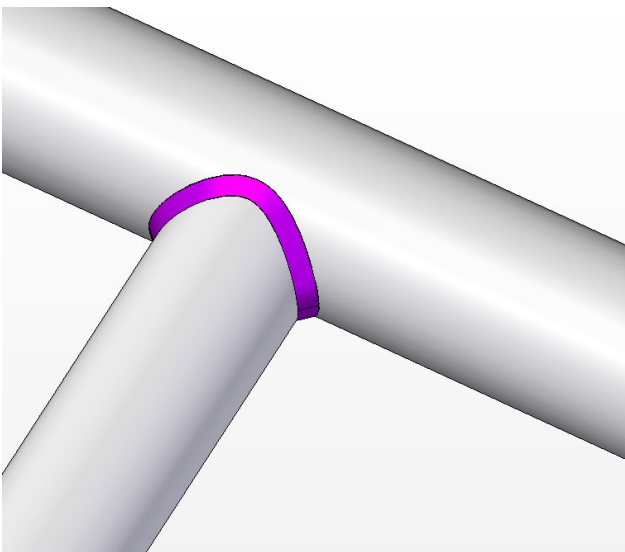
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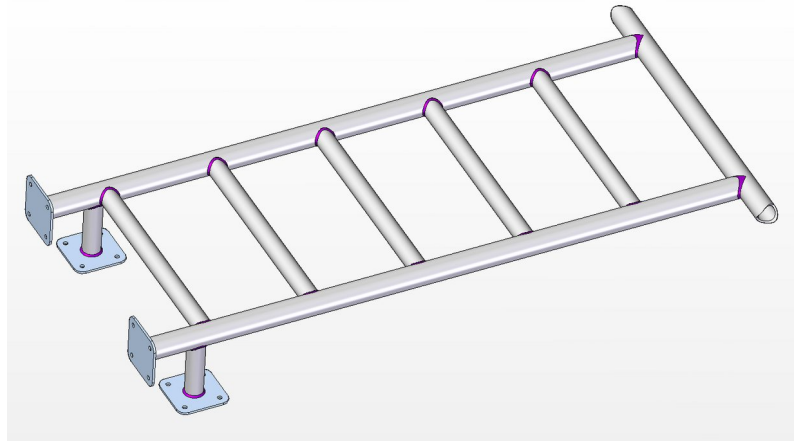
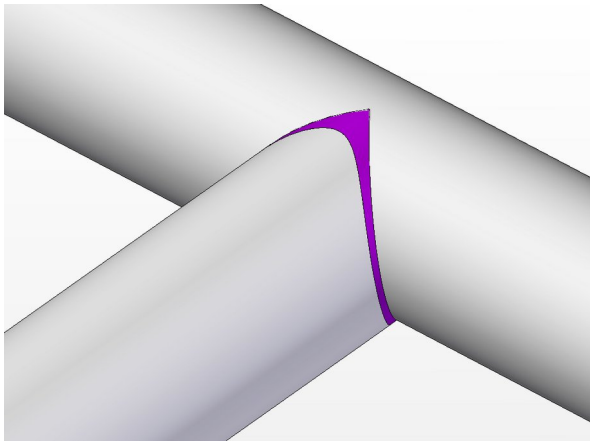
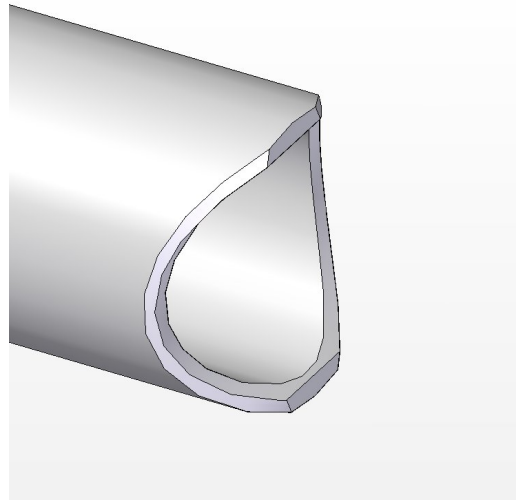
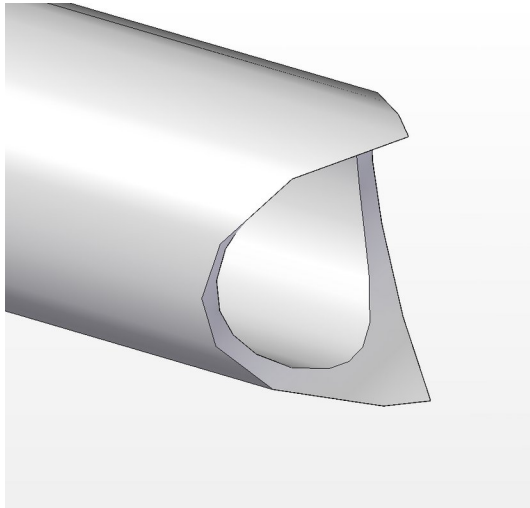
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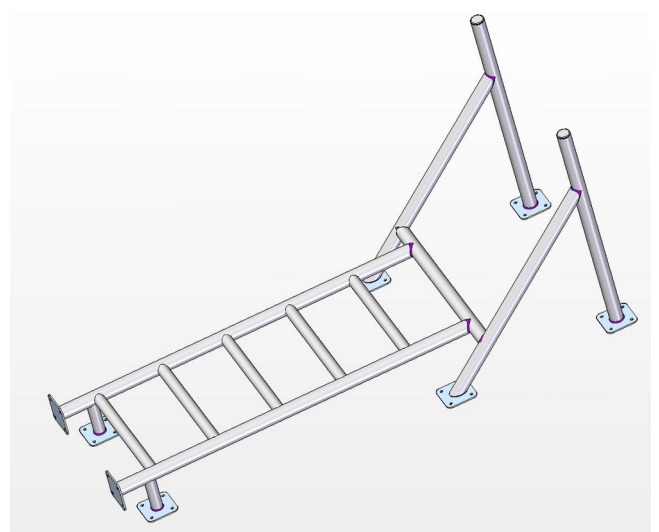
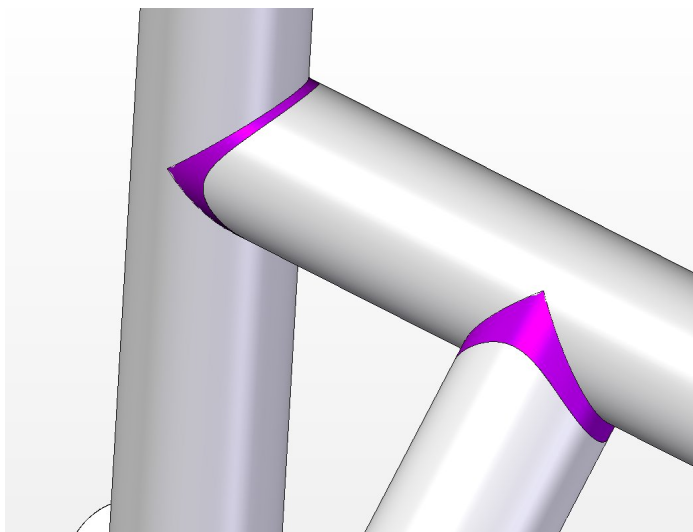
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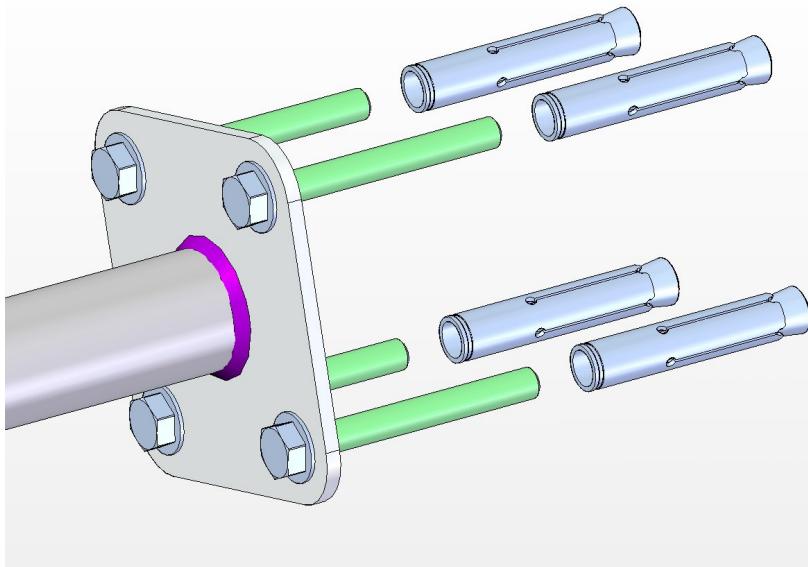
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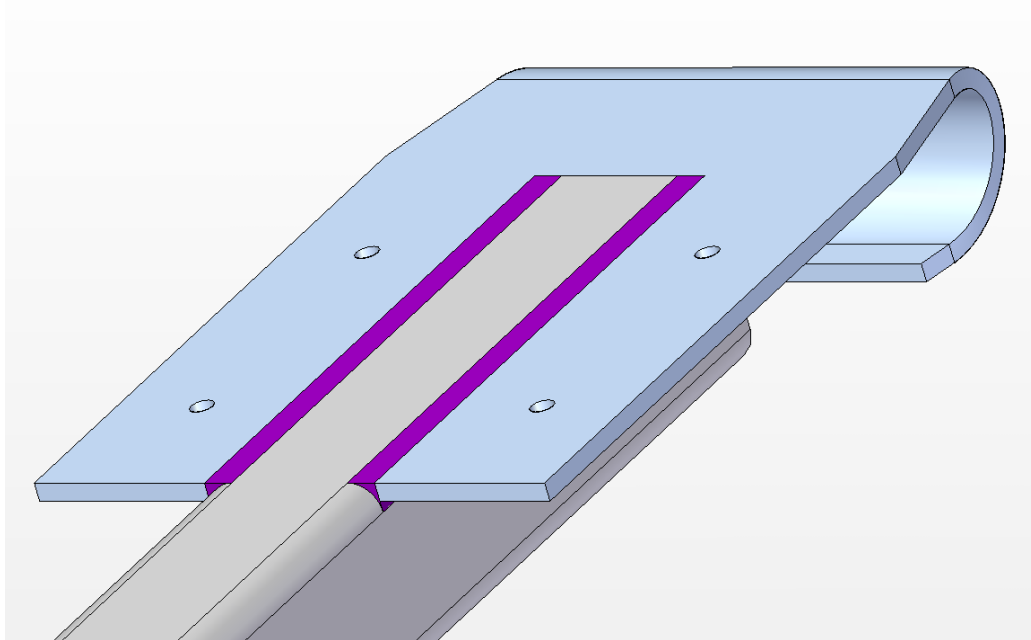
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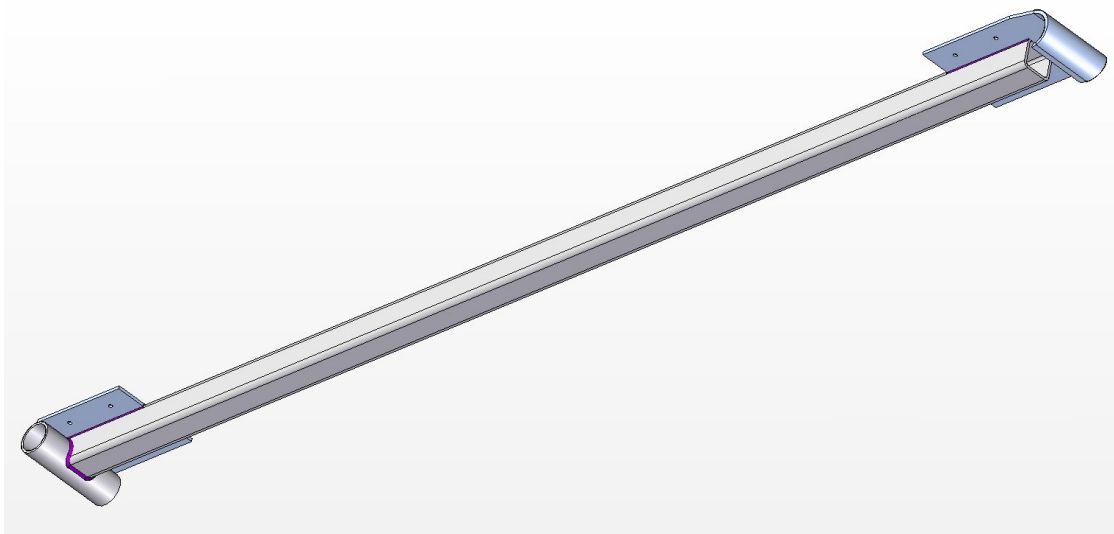
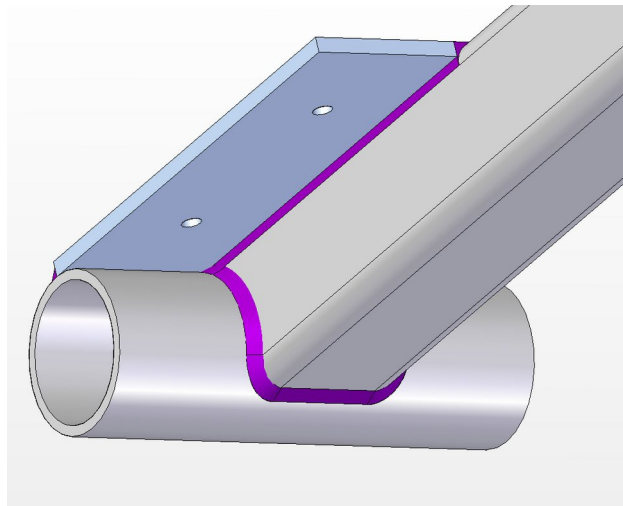
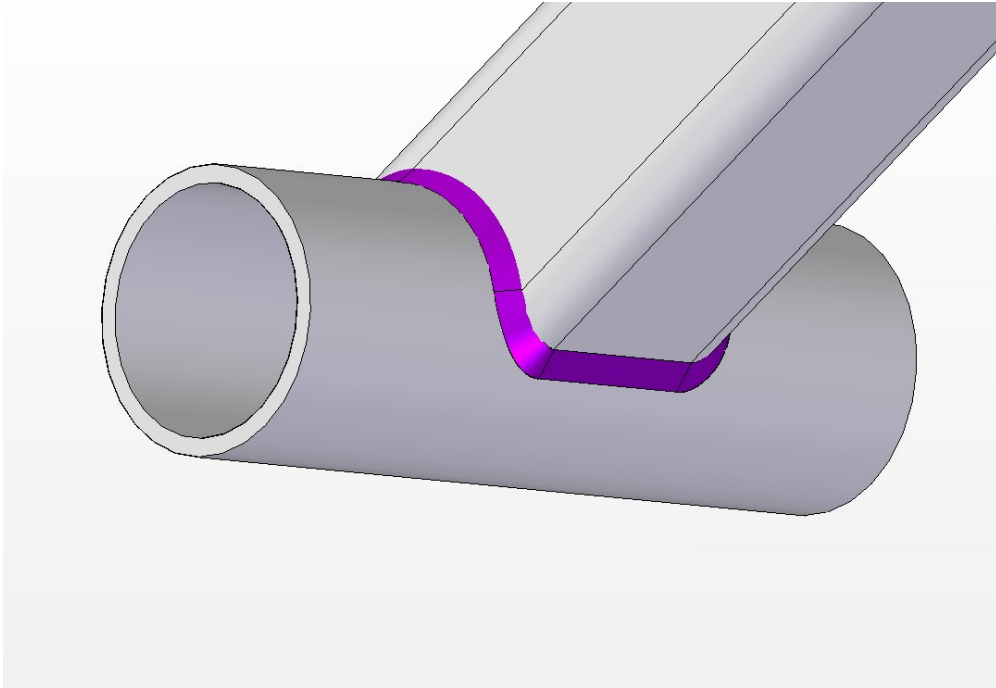
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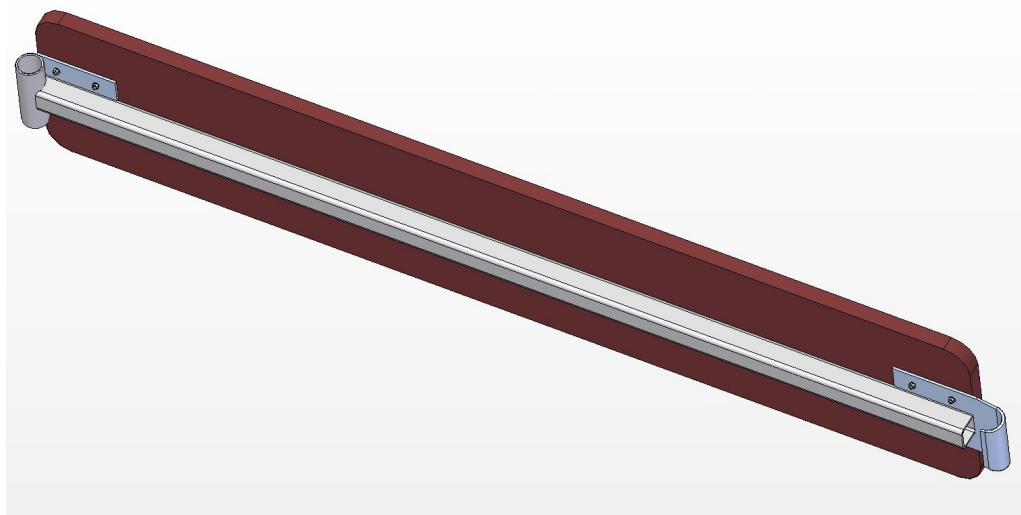
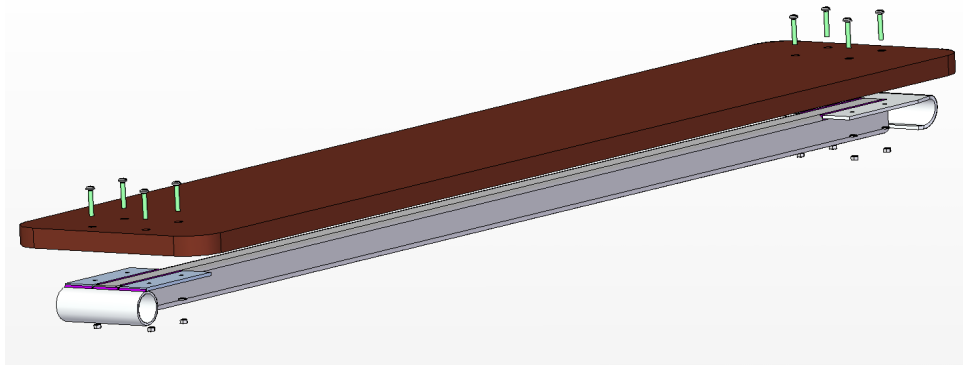
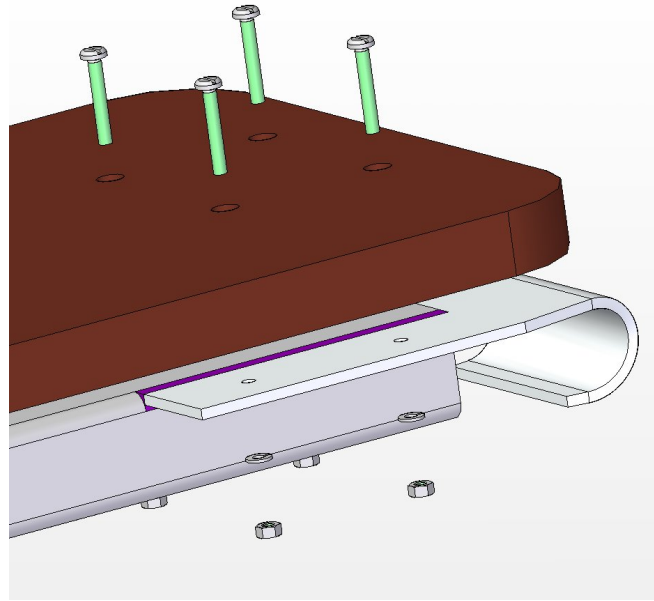
12.



13.



14.



15.

