

FOLDING 14 IN 1 PUSH UP BOARD

TRAINING GUIDE

Using different color codes will work on different muscles.



USING TIPS:

placing the handles into the different corresponding color section will allow you to vary the workout of your muscles, For example, if you want to train your shoulders in the red position lift up the handle and place it into the hole with red guide line (as following pictures) and then start to do the push up exercise.

SAFETY TIPS:

Be aware of your body's signals, Incorrect or excessive exercise can damage your health. The sellers do not assume any responsibility or liability with respect to any damage caused by incorrect assembly or improper use

Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous, if you do experience any of these conditions you should consult your doctor

Keep baby and pets away from exercise equipment.

Maximum user weight is 100kg.



Firstly, insert the anti-slips into the hole, then start work your body.

