

# Guide to Use of Multifunctional Combination Trainer

Specific muscle movements by color!  
By inserting hand grips according to color, you can exercise your chest, shoulders, deltoid, biceps, triceps core, and your back muscles.

## Easy to Use

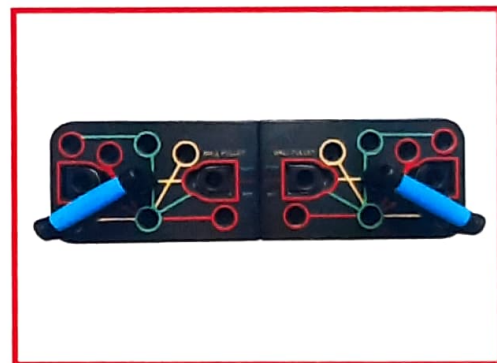
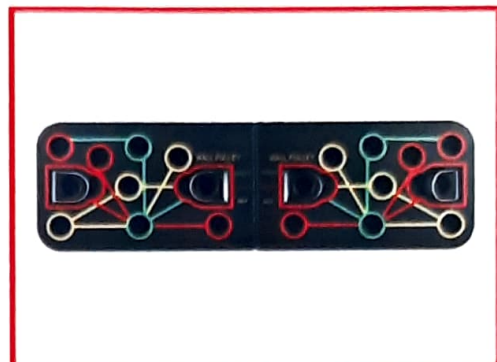
Simply insert the handles into the desired position of the board and work out the muscle you want to target.

## Strong Handle

The handles are made of ABS composite plastic and made to stable.

## Reinforcing Plate Body

The board part is reinforced with a maximum load of about 100kg



# Be careful

- Keep the head / neck straight
- Keep your shoulders down and back steady
- Keep the hips in line with the torso to absorb the abdomen properly
- Absorb the abdomen when doing push ups
- When doing push ups, you should widen your posture to get better balance
- Inhale down, exhale up
- Do not change the handle position during push ups
- Improved push ups: knee position (beginner), normal position (intermediate), high position (advanced)
- Important: exercise at your own pace. Your exercise time depend on your fitness level

## 10 weeks super fitness program (30-60 seconds between exercises)

### Features and advantages

- ▶ Push ups will be combined with family aerobic exercise, dynamometer exercise and abdominal muscle / core exercise for comprehensive exercise
- ▶ Develop your chest, shoulders, back, triceps and biceps
- ▶ Blend sculpt your core and entire lower body, glutes
- ▶ Improve strength, endurance, speed and agility
- ▶ Enhance strong lean muscles, burn calories and promote weight loss

### Three challenging exercise phases (10 weeks course)

1. Start up phase (4-day training for 3 weeks)
2. Acceleration phase (5-day training for 3 weeks)
3. Explosion phase (4 weeks of 5-day training)

### STAET UP Phase (4-day training for 3 weeks)



### Acceleration phase (5-day training for 3 weeks)



### Explosion phase (4 weeks of 5-day training)

