



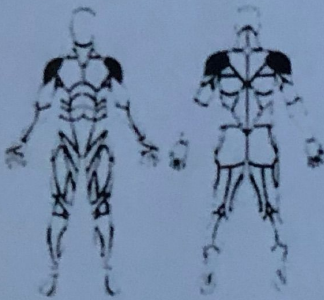
According to colour



Sturdy handle

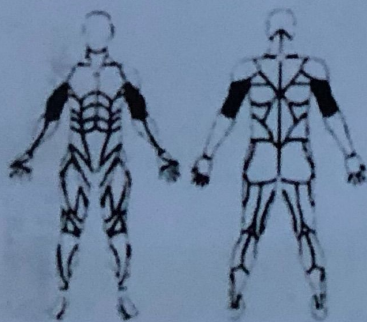
ABS the composite plastic jar handle to prevent slipping and not worry about sweating.

According to colour:



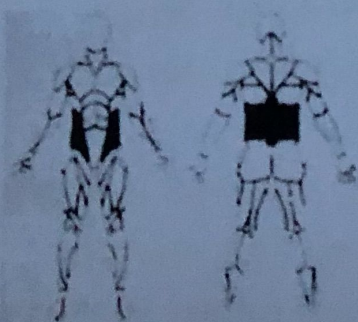
1.Red Line Shoulder Movement

The shoulder effectively forms the upper body muscles and provides an effective position and angle for multiple shoulder muscle movements.



2 .Green Line Triceps Movement

Provides movement of multiple positions and angles to effectively from peptide triceps.



3.Yellow line

The movement of the trapezius muscle of the yellow line provides a strong spine with multiple positions and motion angles.

Note:

combination training is the most representative free-hand exercise, effective chest and shoulder.

Tone and Flue Training Schedule

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, inhale 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 may vary depending on your fitness level

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

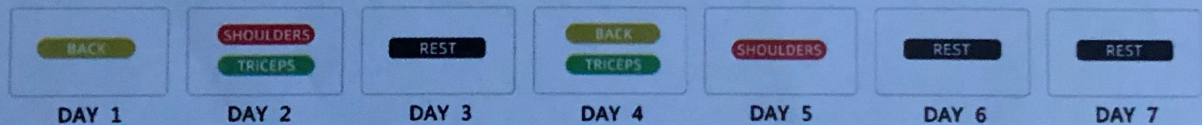
Features and advantages

- ▶ 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, including glues
- ▶ Improve strength, endurance, speed and agility
- ▶ Enhance strong lean muscles, burn calories and promote weight loss

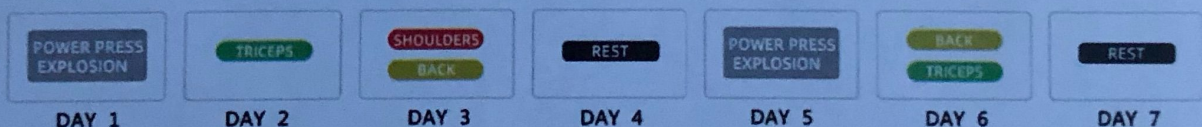
Three challenging exercise phases (10 week course)

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)

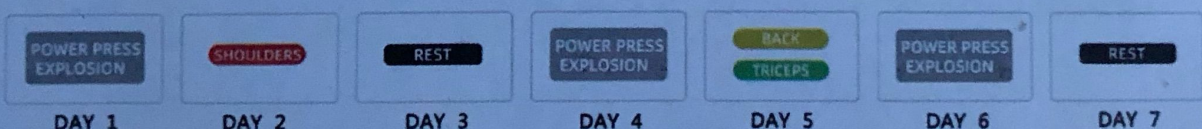
STAET UP Phase (4-day training for 3 weeks)



Acceleration phase (5-day training for 3 weeks)



Explosion phase (4 weeks of 5-day training)



Warning

Execise training can cause serious or fatal injury. When using safety techniques and common sense, the risk of injury can be reduced. Not exercising.

Correct guidance or supervision, or without prior consultation with a doctor. Be sure to check the equipment for worn or damaged parts before use. If any defects are found, do the following without this product.