

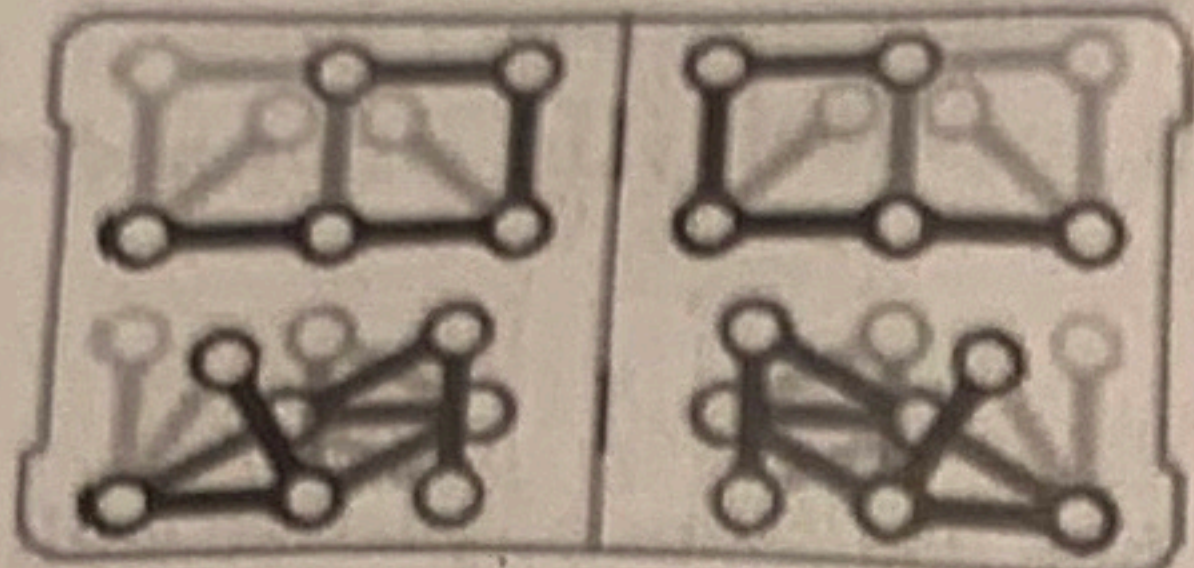
Multi-function Push-up Training Plate User Manual

Assembly Schematic of Multi-function Push-up Training Plate

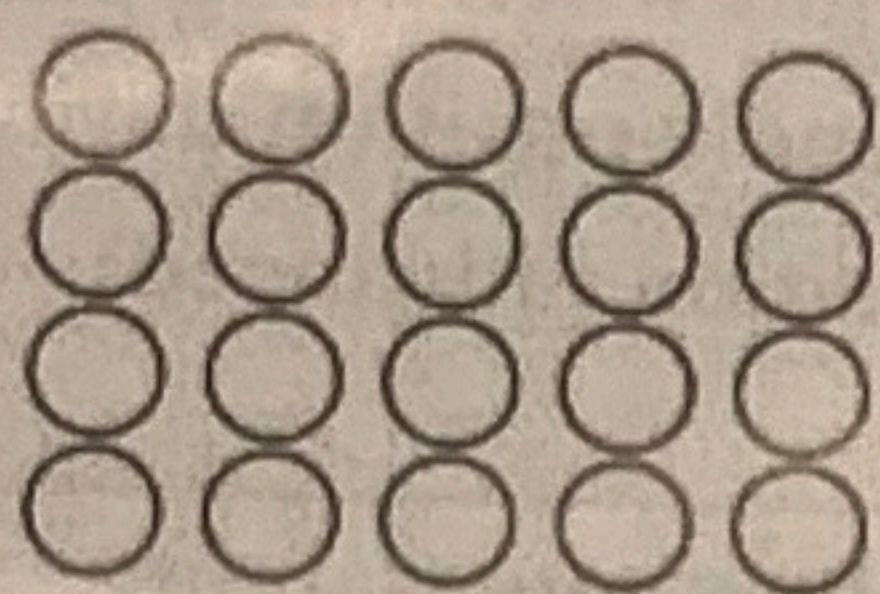
1 Accessories: (36-hole/22 exercise modes)



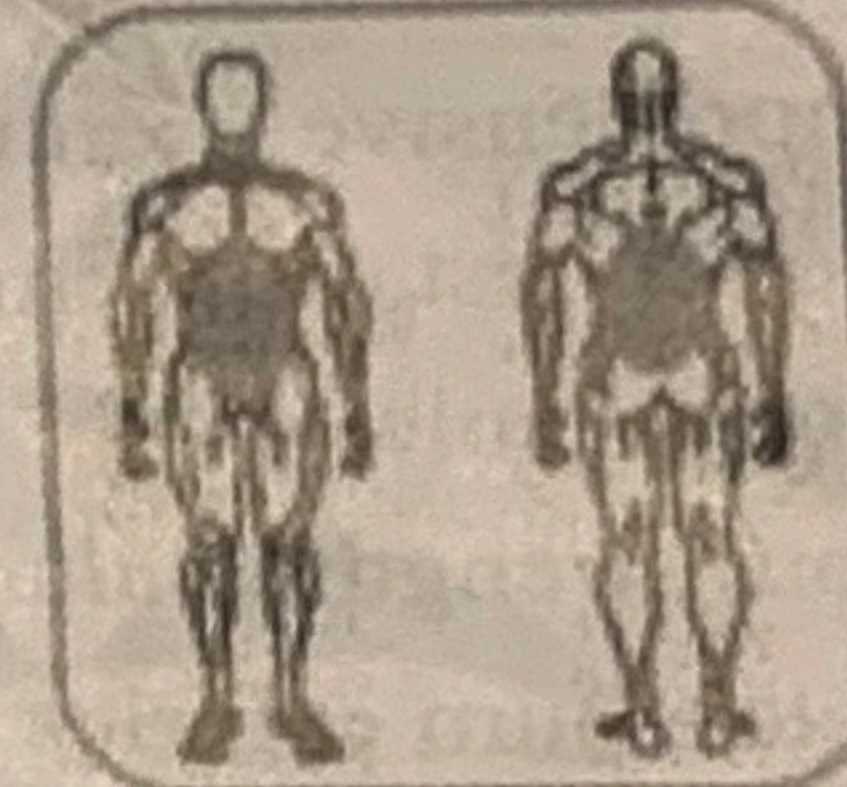
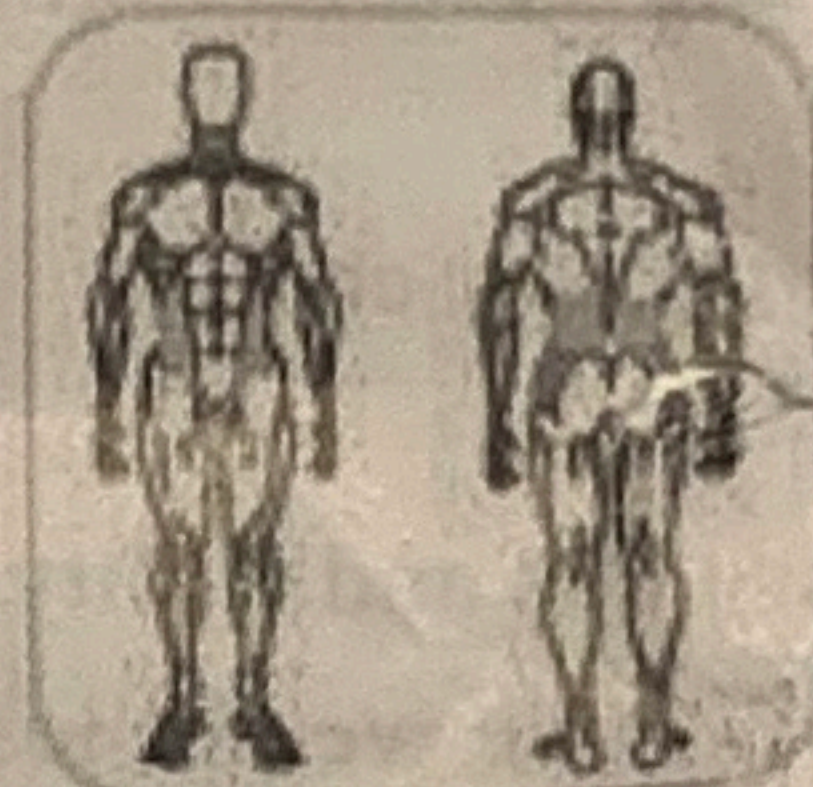
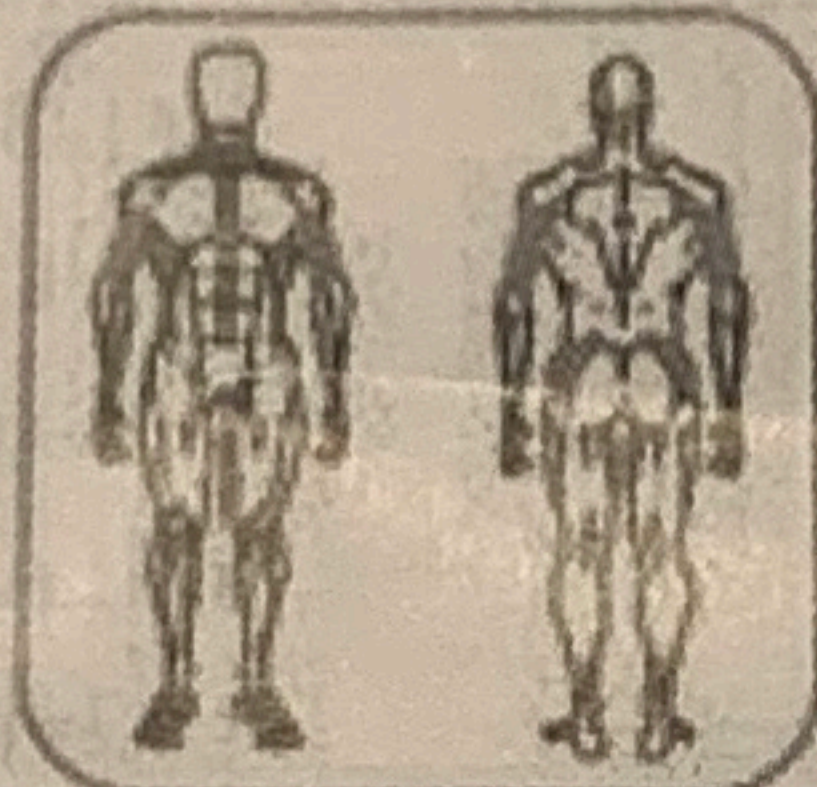
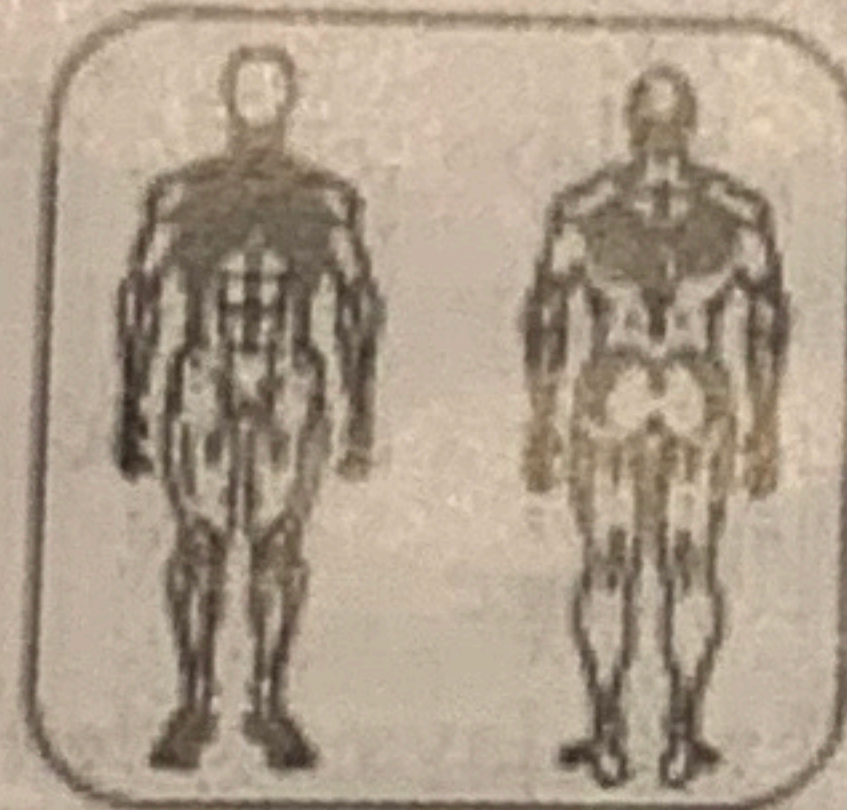
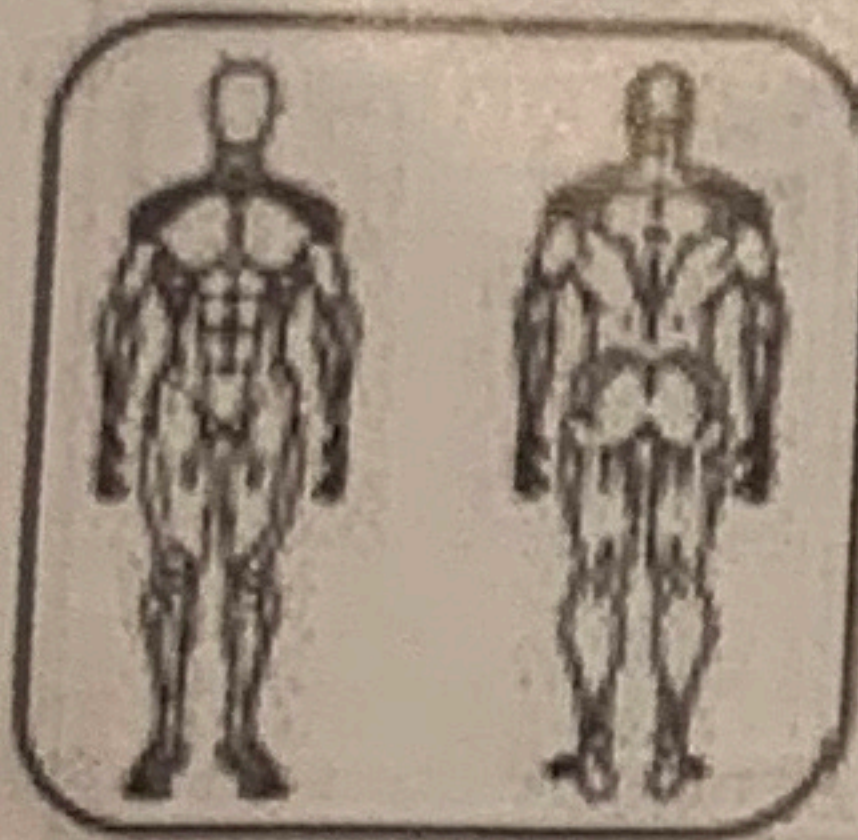
① Soft rubber handle *2



② Training plate



③ Sponge gasket *20



1. Shoulder movement (Red) is to effectively form upper body muscles and provide effective position and angle for multiple shoulder muscle movements
2. Chest exercises (Pinkish-purple) are to provide effective position and angle to form pectoralis and upper limb muscles
3. Triceps movement (Green) is to provide multiple positions and angles to form musculus triceps brachii effectively
4. Trapezius movement (Yellow) is to provide multiple positions and movement angles to form strong spines
5. Core muscle group movement (Blue) is to effectively exercise the core muscle group and enhance the endurance of the muscle group

Q&A

Q: Why would I feel the pain in muscles after exercise?

A: Please exercise step by step. In the initial stage of exercise, you may feel the pain in upper body muscles the next day, but it will gradually get better days later. It is recommended to do 15 movements and 3 groups a day first, and then 20 groups one month later. Please take steps according to your situation.

Q: Can children use it?

A: Yes, but it should be used properly under the supervision of an adult. Please pay attention during use.

For other unmentioned matters, please strictly follow the user manual, and all consequences caused by improper operation and use shall be borne by the parties themselves.

Important Safety Knowledge

Please properly keep this user manual for future reference

1. Please make sure that your child uses the product reasonably under the supervision of an adult.
2. In order to prolong the service life of the equipment, it should not be exposed to the sun, humid, muggy, windy, rainy and other unfavorable conditions. It is also necessary to protect the product from being contaminated with oil, strong acid, strong alkali and other corrosive chemicals.
3. Please ensure that the product is used in the way specified in the manual. Please check whether the equipment is in good condition when using. Do not use the defective product.
4. Incorrect use or excessive exercise will cause muscle injury. It is recommended to do 10-15 movements and 3 groups a day first, and then 20 groups one month later. Please take steps according to your situation.
5. In the process of storing the equipment, pay attention to the storage position to avoid unnecessary loss.
6. The training equipment is suitable for different groups of people, please train reasonably in strict accordance with the instructions or under the guidance of the instructor.
7. The training equipment is not suitable to be used as medical equipment.
8. If you encounter any problems in the process of installation or use or need our assistance, please call 4008717122 or contact our online customer service personnel.

10-week Super Training Plan

30-60s interval for each group of movement

Notes: Keep your head and neck straight. Keep your shoulders down and steady behind you. Keep your hips in alignment with your torso to keep your abdomen tight properly. Keep your abdominal muscles tight when doing push-ups. When doing push-ups, you should extend your body for better balance. Do not change the handle position during push-ups. Improved push-ups: knee position (beginner), normal position (intermediate), high position (advanced).

Characteristics and advantages:

1. Combine push-ups with family aerobic exercise, enhancement movement and abdominal muscle and core strength exercise into a systemic comprehensive exercise.
2. Exercise your chest, trapezius and triceps, etc.
3. Build up your whole body.
4. Increase your strength, endurance, speed and agility.
5. Build muscles, burn calories and promote weight loss.

Three challenging training stages: 10-week plan

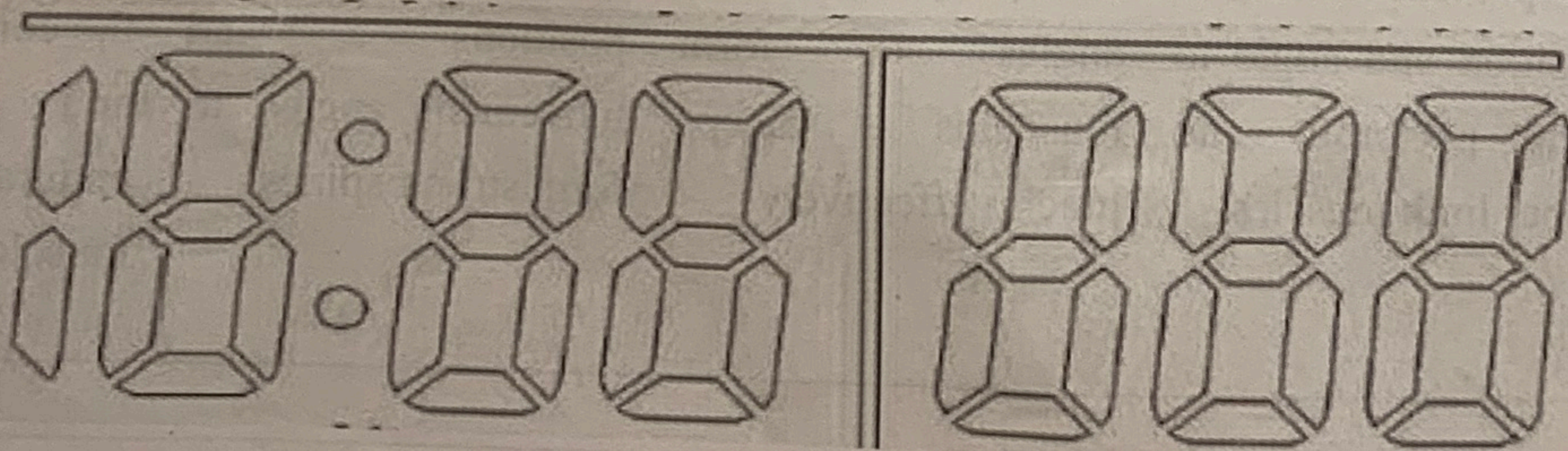
1. Primary stage
(1-3 weeks, 4 days per week)
2. Lifting stage
(4-6 weeks, 5 days a week)
3. Advanced stage
(7-10 weeks, 5 days a week)

Function Description for Digital Pushup Counter

Free Running

Time Countdown

Number Countdown



Time

Number

- I. Turn on: Load the batteries into the device; press the left button to turn it on; and then the buzzer will beep.
- II. Switch modes: Long press the left button to switch count modes in the cycle order of Free Running -> Time Countdown -> Number Countdown.
 1. In the Free Running mode, the device can count up to 999 consecutive pushups with time up to 19 minutes and 59 seconds.
 2. In the Time Countdown mode, short press the left button to set the time to 1-10 min. When the time comes to zero, the buzzer will beep for 10 seconds and stop counting.
 3. In the Number Countdown mode, short press the left button to set the number to 10-100. When the number comes to zero, the buzzer will beep for 10 seconds and stop counting.
- III. Reset: Short press the left button to restart the mode. And then the Time Countdown and Number Countdown values will change back to the original setup.
- IV. Start Exercising: After selecting a mode, the counter may start counting from the first pushup.
- V. Turn off: If there is no pushup or button operation within 2 minutes, the counter will be automatically turned off. You can also turn it off by long pressing the right button.