

INSTRUCTIONS

PORTABLE PUSH-UP BOARD

COMPONENTS

- Push-up board
- 2x silicone anti-slip handgrips
- 16x non-slip stickers
- Instructions

SPECIFICATIONS

- Material: ABS plastic
- Main colour: black
- Board thickness: 18mm
- Dimensions: 59.5 x 18.3cm
- Maximum load: about 100kg



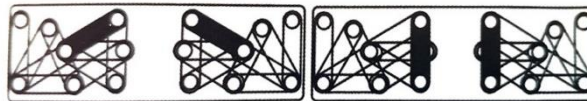
HOW TO USE

A heavy duty "Plug & Press" push up board system with multiple positions and angles that sculpt and maximize upper body definition. Different colours on push-up board target specific muscles worked.

By inserting hand grips according to colour, you can exercise shoulder muscles, chest muscles, triceps muscles and all parts of the spine.

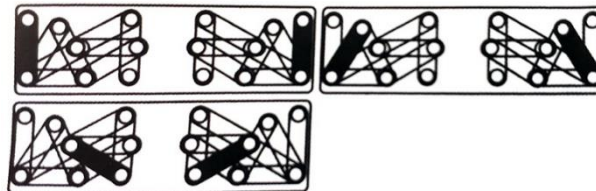
○ RED LINES – SHOULDERS

The shoulder position helps form upper body muscles and provides multiple effective positions and angles for shoulder muscle training.



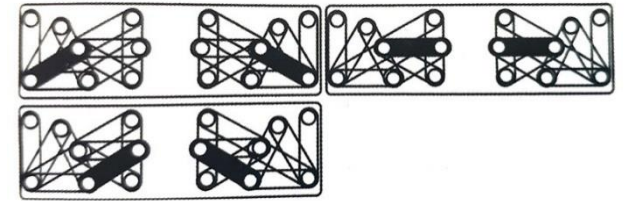
○ BLUE LINES – CHEST

Provides a plurality of movements that effectively form the positions and angles for training pectoral and upper body muscles.



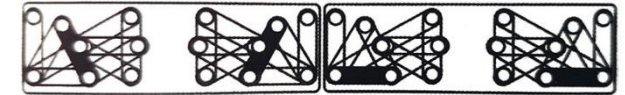
○ GREEN LINES – TRICEPS

Ensures movements at multiple positions and angles to effectively form triceps muscles.



○ YELLOW LINES – TRAPEZIUS

Provide multiple positions and angles of movement to effectively help form strong back muscles.



WARNINGS

1. Not suitable for children under 13 years of age.
2. Minors can use it only under adult supervision.

WARRANTY

The warranty is valid for 12 months, and you can apply it to the seller (us), through the contact details listed in the bottom right corner. To submit a warranty claim, send the number and date of your purchase order.

