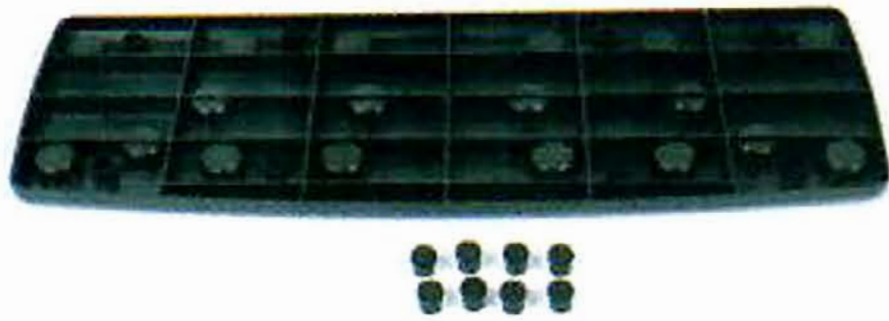


14 FUNCTIONAL PUSH UP TRAINING SYSTEM

14 Functional Push up board is a professional trainer specially designed for home fitness and office fitness. It can exercise the chest muscles, triceps, back and shoulders.



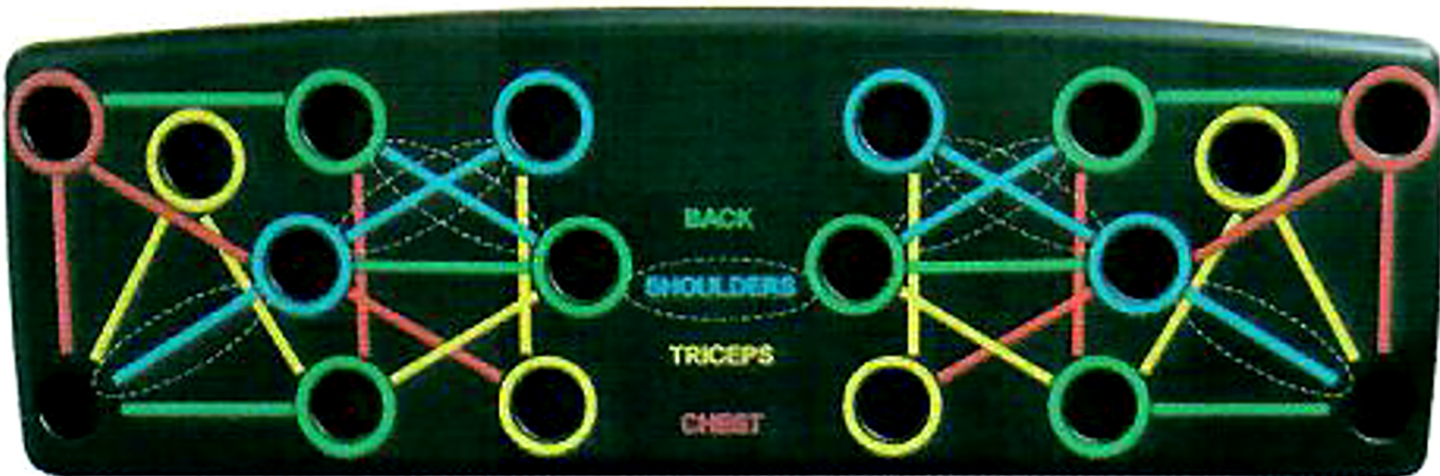
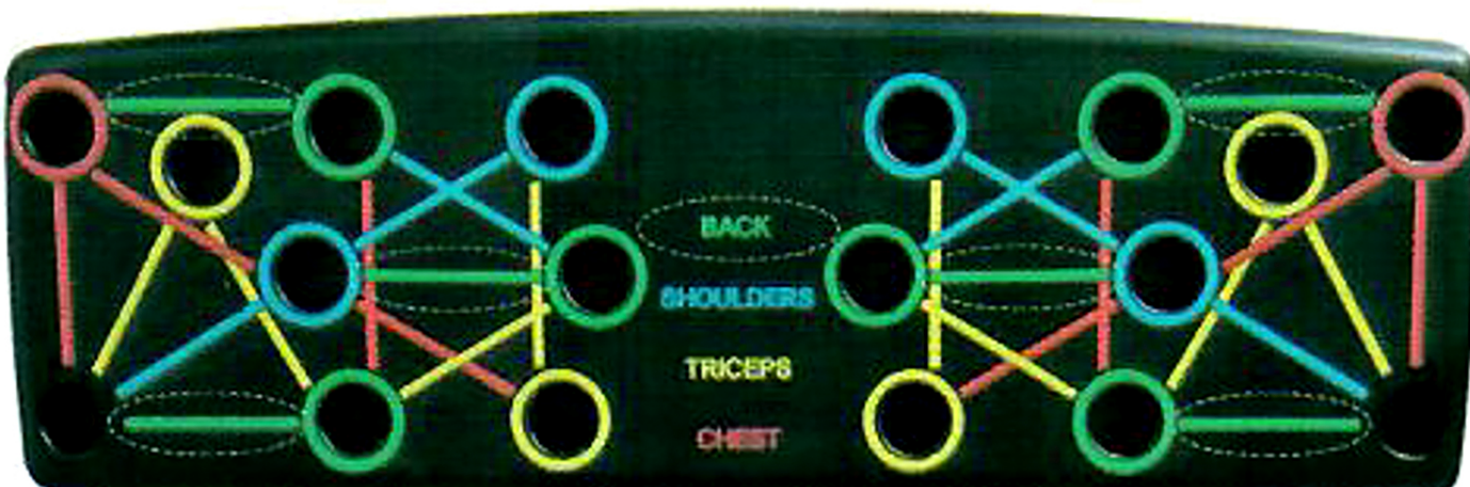
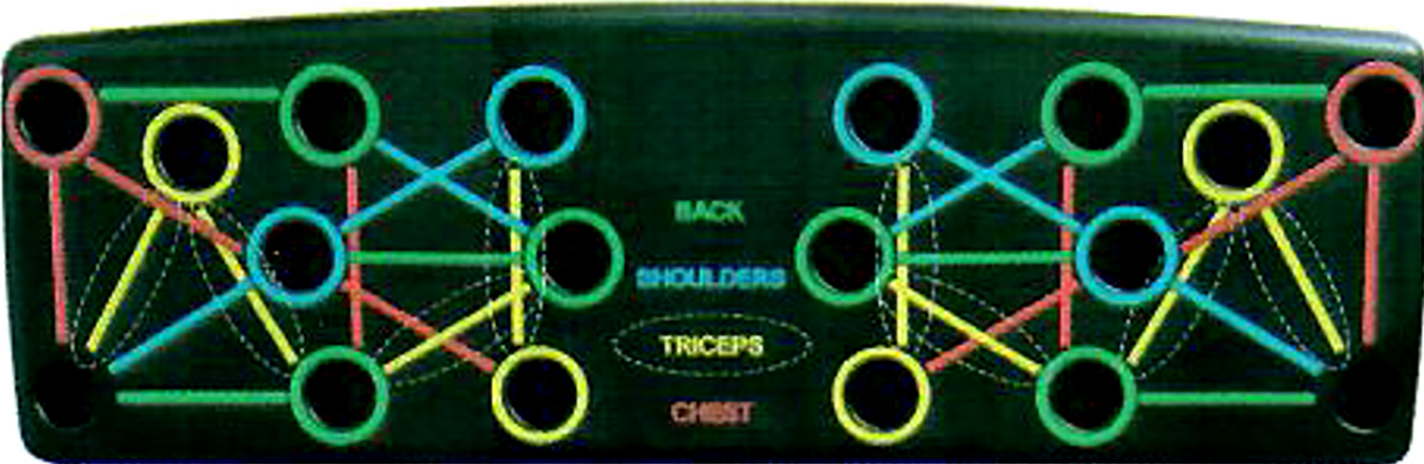
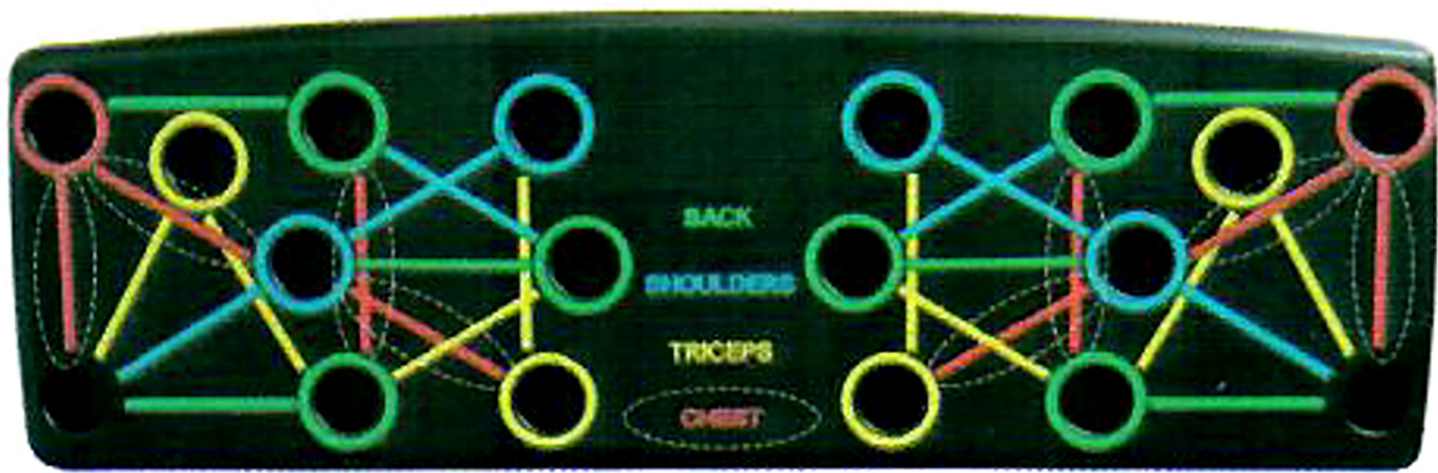
Each push up training system is fitted with a bag of rubber plugs. you need to take them into the opposite side of the board before use on smooth floor and wood floor.

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 picutres) and then start to do the push up exercise.

Safety Tips:

- 1.Before beginning any new exercise programme it is advisable to consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety.
- 2.Be aware of your body's signals. Incorrect or excessive exercise can damage your health. stop exercising if you experience any of the following systems : 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.
- 3.always wear suitable clothing whilst exercising.
- 4.keep baby and pets away form exercise equipment.
- 5.Maximun user weight is 100kg.
- 6.Kids can exercise with the guide of adult.



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