

14 PUSH UP WORKOUT STATION INSTRUCTIONS

Keycode: 42970095

WARNING! Consult your physician before engaging in any exercise program. Always check equipment and accessories before use. Follow usage instructions carefully. User's maximum weight: 100Kg.



Remove the board and related accessories from the box. Set all the parts out and read the assembly instructions prior to use. Keep the packaging until assembly is complete.

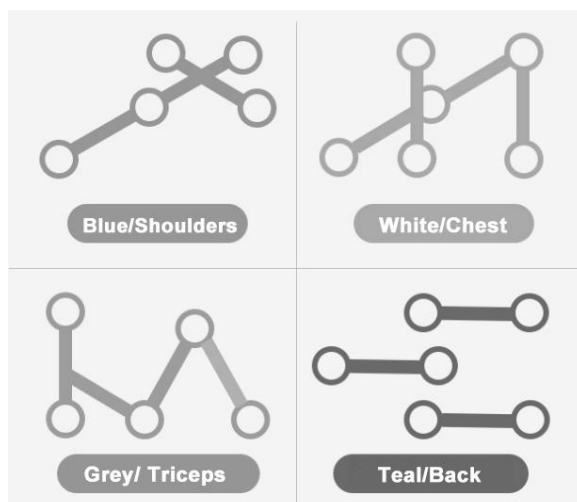
ASSEMBLY INSTRUCTIONS:



Remove all the contents from the box and keep instruction manual for future reference. Before using this equipment please place the anti slip plugs into the holes on the underside of the board.

TRAINING GUIDE

Using different colour codes will work on different muscles groups.



USING TIPS:

Placing the handles into the different corresponding colour section will allow you to vary the workout of your muscles. For example, if you want to train your shoulders, lift up the handles and place them into the holes with blue guide line, and then start to do the push up exercise.

SAFTY TIPS:

- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Consult a doctor before performing any exercise program.
- Stop exercising if you experience any of the following symptoms: 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.
- Please ensure there is a safe difference around the exercise area of people and objects whilst using this equipment.
- Maximum user weight is 100kg.

MADE IN CHINA

FOR AU / NZ: IMPORTED FOR KMART
STORES IN AUSTRALIA AND NEW ZEALAND.