

HIT FITNESS

PUSH UP BARS

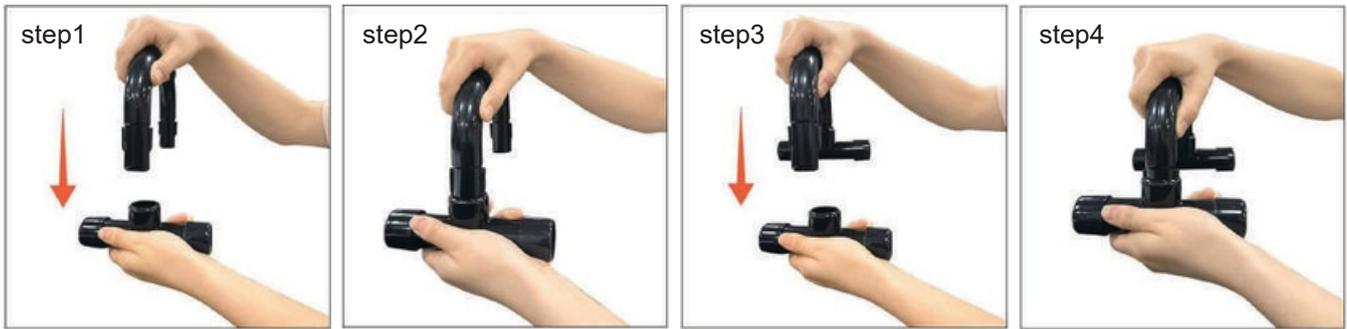


IMPORTANT:

Read all instructions before assembly or using this product, Check product for loose or broken parts before each use. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings, precautions and directions. Maximum user weight Limited: 200KG.



EASYINSTALLATION & DISMANTLE



Exercise Guide (Always warm up before performing any exercise)

<p>SHOULDERS: Shoulder Press</p> <p>Hold bars shoulder width apart. Feet elevated for max shoulder work</p>	<p>SHOULDERS: Wide Shoulder Press</p> <p>Hold bars as wide as comfortable. Feet elevated.</p>	<p>SHOULDERS: Trap Press</p> <p>Hold bars in line with upper chest. Feet elevated</p>	<p>SHOULDERS: Wide Trap Press</p> <p>Hold bars in line with upper chest. Feet elevated.</p>
<p>CHEST: Chest Press</p> <p>Hold bars shoulder width apart</p>	<p>CHEST: Close Grip Press</p> <p>Hold bars together</p>	<p>CHEST: Wide Angle Press</p> <p>Hold bars shoulder width apart. Palms facing forward.</p>	<p>TRICEPS: Triceps Press</p> <p>Hold bars together. Work is done with the triceps</p>
<p>TRICEPS: Reverse Triceps Press</p> <p>Palms facing forward. Keep head up.</p>	<p>TRICEPS: Quick Ups (feet elevated)</p> <p>Sit between bars. Elevate feet.</p>	<p>BACK: Wide Grip</p> <p>Hold bars extremely wide. Keep your body straight and stable.</p>	<p>BACK: Angle Press</p> <p>Palms facing forward. Bring hands to upper stomach.</p>

Important Precautions

1. Before performing any exercise, ensure the positioning of the push up bars on the ground is correct
2. Do not use when any missing, broken, and loose parts are found.
3. Inspect the push up bars for nicks and cuts before each use.
4. The maximum weight limit of this product is 200KG. Exceeding this limit may cause injury or damage to the bars or the user.
5. Do not store your push up bars outside or where exposed to moisture or extreme temperatures.
6. Do not store or place your push up bars near fire or heat area, this will damage or deteriorate the bars.
7. Do not place any hard objects on top of the bars, this may result deformation of the bars.
8. Only one person at a time should use this push up bars.
9. Use soft clean cloth to wipe away any water or sweat.
10. Keep children and pets away from this bar. Do not allow children or pets on or near this pushup bars.
11. Consult your physician prior to starting any training. Warm up before exercise.
12. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
13. For indoor home use only.