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# User Manual



## PUSH UP BARS



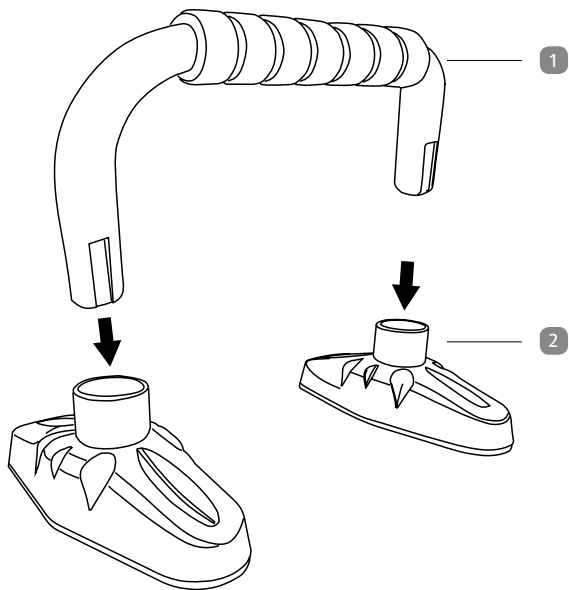
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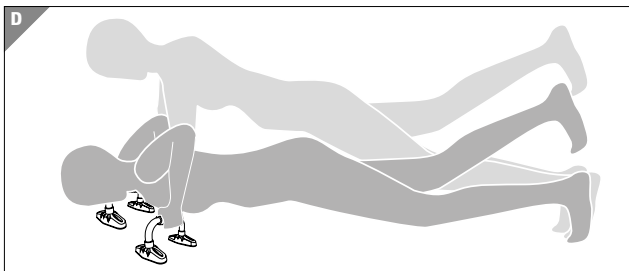
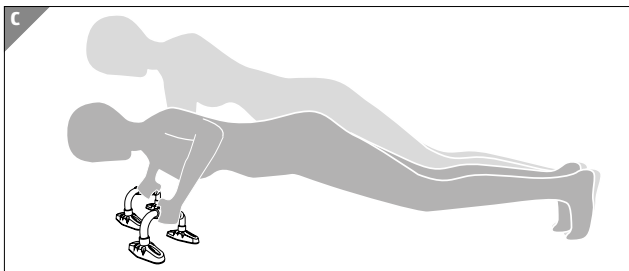
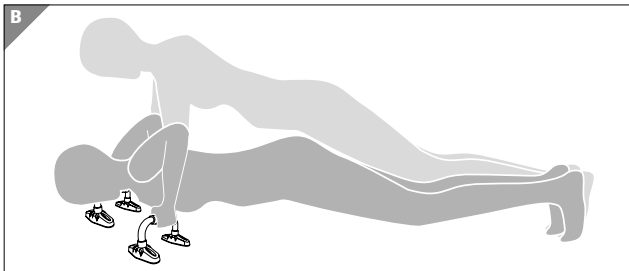
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## Package contents/parts

- 1 handles, ×2
- 2 footrests, ×4

# General information

## Reading and storing the user manual



This user manual accompanies this push up bars, and contains important information on setup and handling. Before using the push up bars, read the user manual carefully. This particularly applies to the safety instructions. Failure to do so may result in personal injury or damage to the push up bars.

Store the user manual for further use. Make sure to include this user manual when passing the push up bars on to third parties.

## Explanation of symbols

The following symbols and signal words are used in this user manual, on the push up bars or on the packaging.



**WARNING!**

This signal symbol/word designates a hazard with a high degree of risk, which will result in death or severe injury if not avoided.



**CAUTION!**

This signal symbol/word designates a hazard with moderate risk, which may result in death or severe injury if not avoided.

**NOTICE**

This signal symbol/word warns of possible damage to property.



# Safety

## Proper use

The Push Up Bars are exclusively designed as training equipment. They are intended exclusively for private use and are not suitable for commercial, medical or therapeutic applications. The Push Up Bars are not children's toys.

Only use the Push Up Bars as described in this instruction manual. Any other use is considered improper and can lead to material damage.

The manufacturer or retailer shall not accept any liability for damages caused by improper or incorrect use.

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## Safety instructions



### **WARNING!**

#### **Danger of suffocation!**

If children play with the packaging film, they can get caught up in it, put it over their head or swallow it, and thus suffocate.

- Do not let children play with the packaging film. Children can get caught up in it and suffocate while playing.



### **WARNING!**

#### **Risk of injury!**

Improper handling of the Push Up Bars can lead to injuries.

- Be sure to consult your family doctor to determine or prevent any health risks before starting any exercise program. The advice of your physician will determine your pulse rate, blood pressure or cholesterol level.

- Observe your body signals. Improper or excessive training can endanger your health. If at any time during the training you experience pain, chest tightness, irregular heartbeat, extreme shortness of breath, dizziness or drowsiness, stop training immediately and consult your family doctor.
- Never exceed the user weight of 100 kg.
- Do not use the Push Up Bars near stairs or landings.
- Do not allow children to use this product unattended.
- Point out the correct use of Push Up Bars to children and keep an eye on them. Only allow the use if the mental and physical development of the children allows it.
- Use the Push Up Bars on a firm, level and non-slip surface.
- Make sure that there is enough safety distance between you and furniture, walls, etc.

- Before each use, check the Push Up Bars (e.g. for cracks). The safety of the Push Up Bars can only be maintained if they are checked regularly.



## **CAUTION!**

### **Risk of injury!**

Improper handling of the Push Up Bars can lead to injuries.

- Always wear suitable clothing during the training.
- Wear suitable shoes with non-slip soles.
- Keep a sufficient distance to other persons and/or objects during the use. Make sure that you do not injure yourself or others when using the product.
- The Push Up Bars may not be used by more than one person at a time.
- The Push Up Bars are not suitable for therapeutic use.

# First use

## Checking Push Up Bar and package contents

### NOTICE

#### Risk of damage!

If you open the packaging carelessly with a sharp knife or other sharp object, the Push Up Bars can quickly be damaged.

- Be very careful when opening.
  1. Remove the Push Up Bars from the packaging.
  2. Check whether all parts are included (see **Fig. A**).
  3. Check whether the Push Up Bars or the individual parts are damaged. If this is the case, do not use the Push Up Bars.

## Assembly

- Insert the handles **1** and the footrests **2** together by inserting the protrusions on the brackets into the corresponding recesses on the footrests.

# Workout

## Warm-up

Your workout should always start with a warm-up. The more strenuous the subsequent training session, the more important it is to warm up. Warming up prepares the body for the strain, stimulates the cardiovascular system and protects ligaments, tendons and joints from injuries. It also helps to reduce the risk of cramps and muscle injuries. You should loosen your joints a little before starting your workout.

## Workout

After getting used to the exercises, try to be innovative and develop your own training method. Combine different exercises and listen to music to enjoy your workout even more.

## Cool-down

Just as a warm-up should be performed before each training session, a cool-down should be performed after each session. A cool-down initiates the relaxation phase, reduces the body's operating temperature again, and depicts the change from stress to relaxation.

## Post-stretching

As mentioned earlier, you can easily pre-stretch your muscles while warming up. After the training you should stretch your muscles. A post-stretching brings the muscle back to its original length and thus prevents muscle shortening. The more strenuous the training, the more important the post-stretching is. Post-stretching is particularly important for the main muscle groups used during training. The stretching should be felt, but it shouldn't be painful. The stretching time is about 20 seconds for each muscle.

## **Exercise 1 – Normal push-up**

**(see Fig. B)**

1. Separate the Push Up Bars so that they are shoulder width apart.
2. Lean on the handles with both hands, stand on your toes and extend your arms.
3. Tighten your abdominal muscles and avoid a hollow back.
4. Lower your body and bend your arms. Do not let your body touch the ground, and keep your upper arms close to your body.
5. Stretch out your arms again and hold the position for 2 seconds.

Perform the exercise 10 to 25 times in three rounds.

## **Exercise 2 – Wide push-ups**

**(see Fig. C)**

1. Separate the Push Up Bars so that they are more than shoulder width apart.
2. Lean on the handles with both hands, stand on your toes and extend your arms.
3. Lower your body and bend your arms. Let your upper arms move sideways away from your body.
4. After holding this position for 2 seconds, stretch your arms again.

Perform the exercise 10 to 25 times in three rounds.

## **Exercise 3 – Push-up on one leg**

(see Fig. D)

1. Separate the Push Up Bars so that they are shoulder width apart.
2. Lean on the handles with both hands, stand on your toes and extend your arms.
3. Lift one leg off the ground.
4. Hold your leg up, lower your body and bend your arms.
5. After holding this position for 2 seconds, stretch your arms again.

Perform the exercise 10 to 25 times in three rounds.

## **Maintenance and care**

### **NOTICE**

#### **Risk of damage!**

Improper handling of the Push Up Bars can lead to damage to the Push Up Bars.

- Do not use aggressive cleaning agents, brushes with metal or nylon bristles or sharp objects to clean the Push Up Bars as this can cause damage.
- Wipe the rope with a damp cloth.
- Allow to dry completely before storing away.



## Storage

- Always store the Push Up Bars in a dry place.

## Technical data

Model:	FLX-PUB-02
Weight:	450 g
Size:	23 cm × 13.3 cm × 15.7 cm
Max. user weight:	100 kg
Item Number:	812384

## Disposal



### Disposal of packaging

Dispose of the packaging sorted by type. Add cardboard to the waste paper, and foils to the recyclables collection.

## Disposing of Push Up Bars

- Dispose of the Push Up Bars in accordance with the laws and regulations applicable in your country.

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