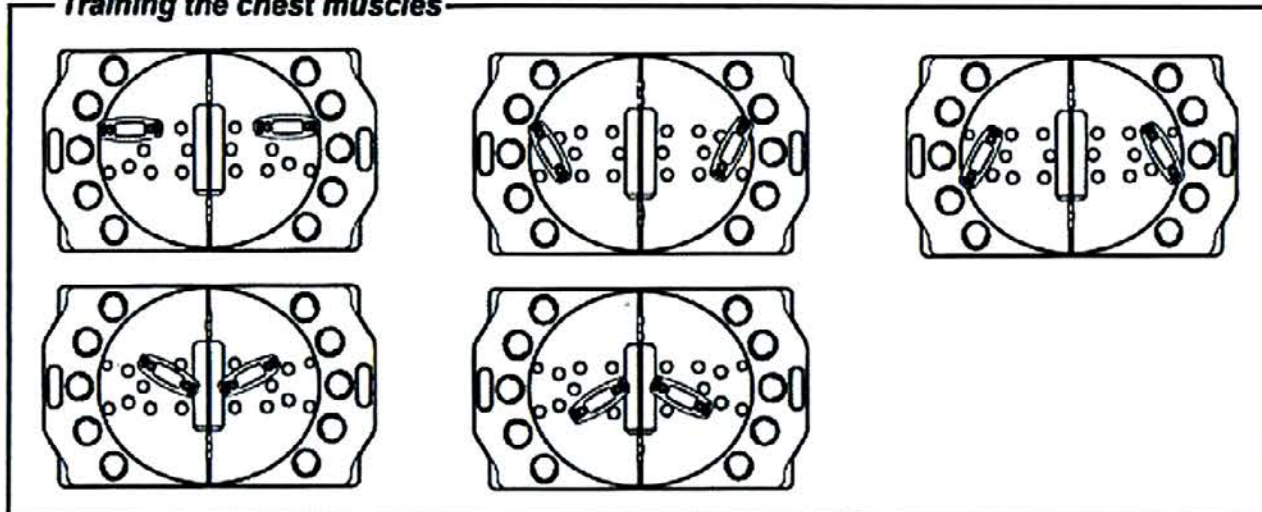


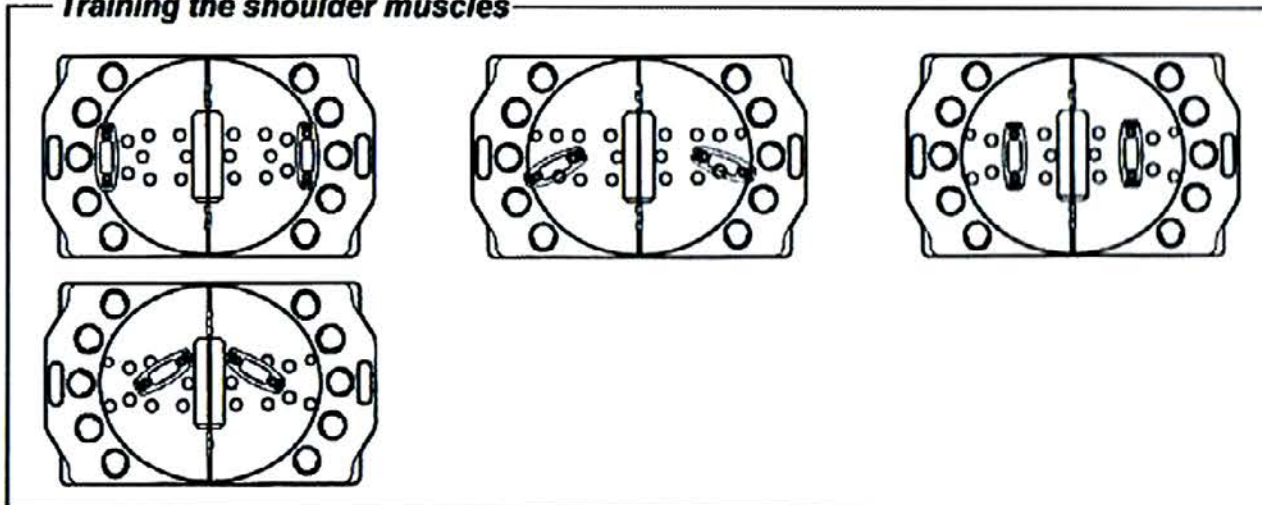
## Push-ups Plate

There are 14 ways of our push-up board can be adjusted to train the multiple muscles.

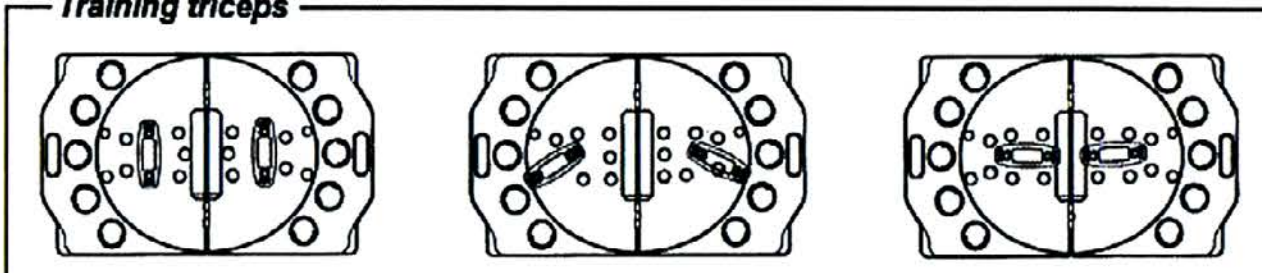
*Training the chest muscles*



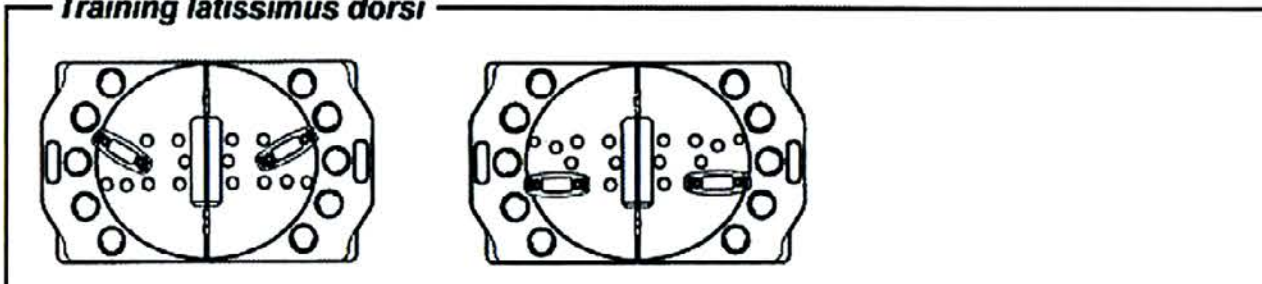
*Training the shoulder muscles*



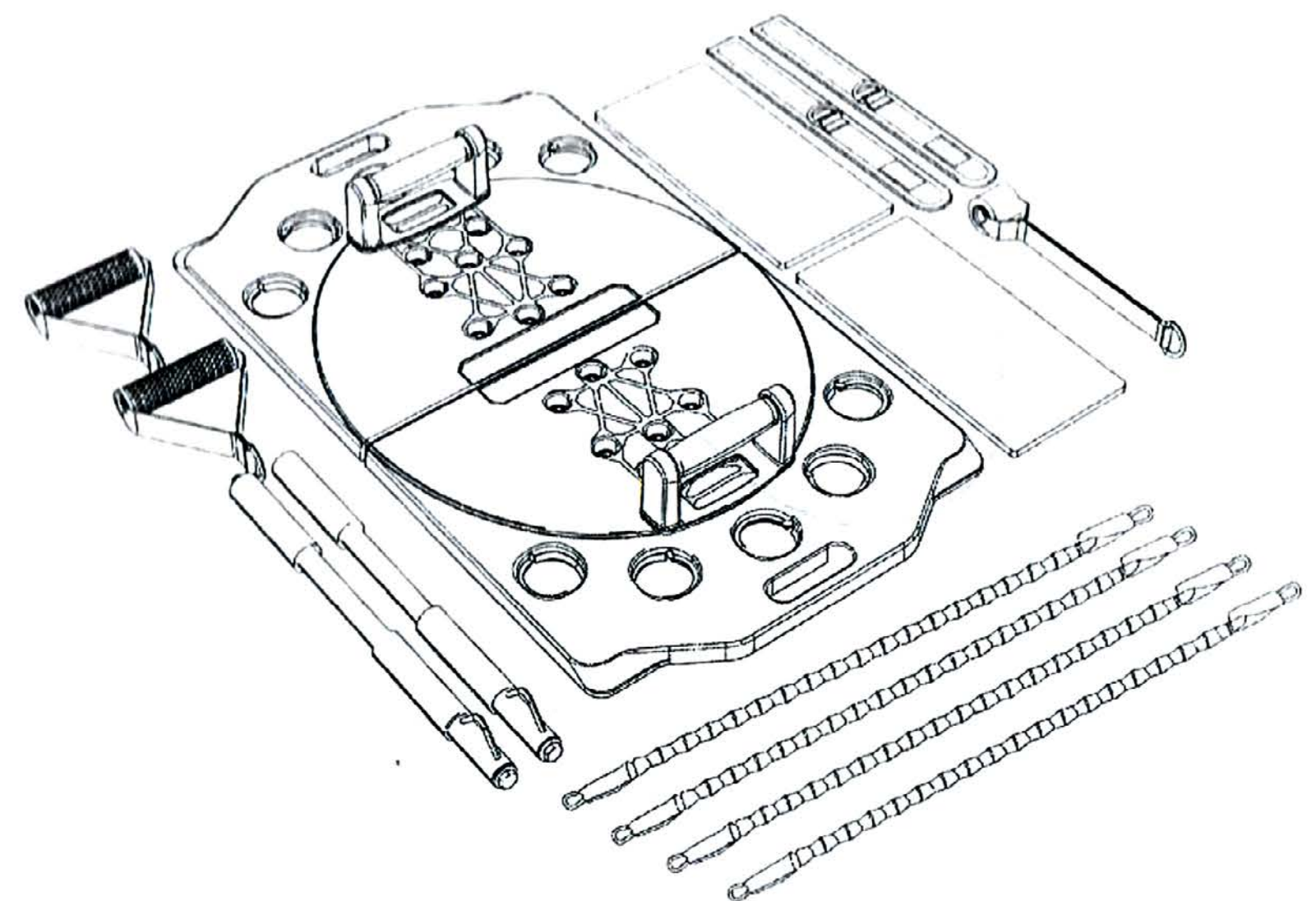
*Training triceps*



*Training latissimus dorsi*



## Portable Home Gym



## Portable Home Gym Owner's / Assembly Manual

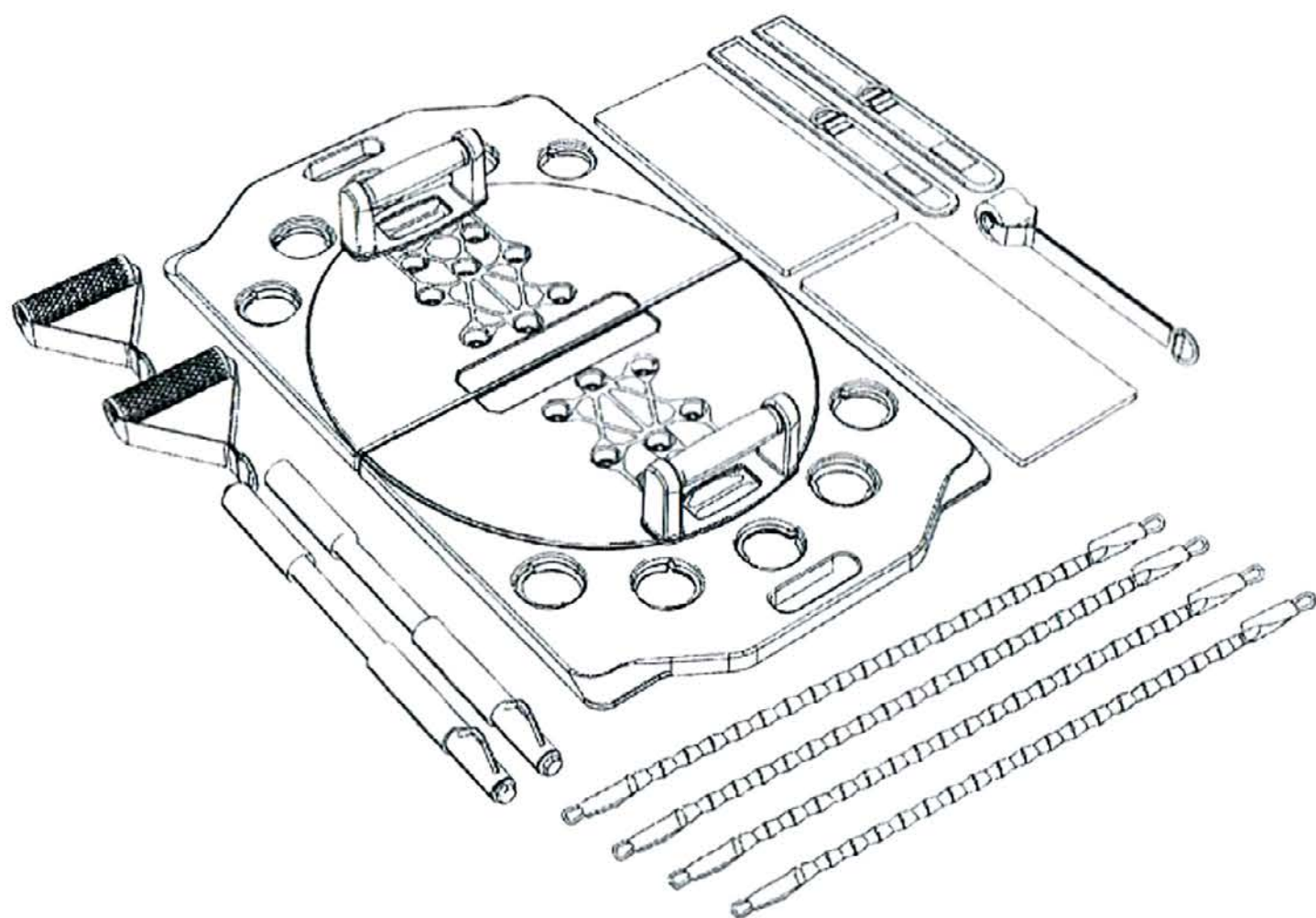




Item Name	Portable Home Gym
Model	
Design By	
Country Of origin	China
Purchase Shop	

※Read all instructions carefully before using this product. Retain this owner's manual for future reference.

※Specifications are subject to change without notice.



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## After-sales Service

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>•The warranty period of this product is stipulated by the point of sale. If there is any fault, please contact the sales shop.</li> <li>•If repairs are made during the warranty period, except for consumables, the rest are basically free. However, the cost of the round trip is to be borne by the guests. I hope you understand.</li> <li>•Even if the warranty period expires, we will use the stock accessories as much as possible to help you repair (charge)</li> <li>•If you modify the product yourself and repair it, then the product will be treated as a self-harming product and will be outside the warranty conditions.</li> </ul> | <ul style="list-style-type: none"> <li>•This product is a household product. If it is used as a product or professional training for a specific majority, the product is not covered by the warranty.</li> <li>•Due to the problem of the distribution process, the product may have some friction</li> <li>•There may be some initial bad, so after receiving the product, please keep the outer box and packaging materials properly. If there is no packaging material, it will not accept the returned product.</li> </ul> |
|---|--|

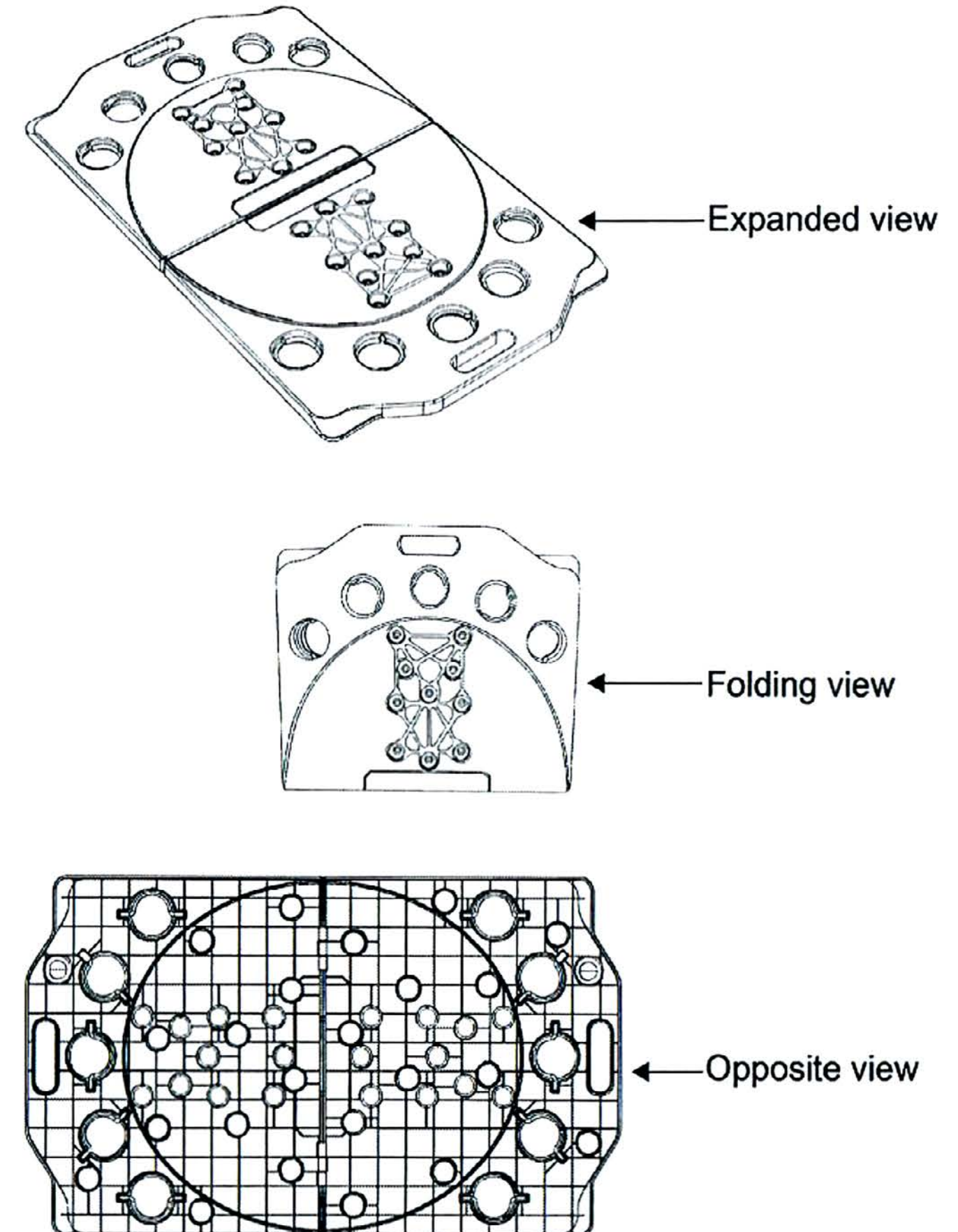


## Important Safety Instructions

Read all instructions carefully before assembling and operating this product. This unit is designed with optimum safety in mind. Retain this owner's manual, do not remove any safety labels from the equipment, and keep the original purchase receipt for future reference.

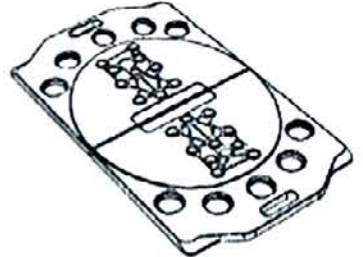
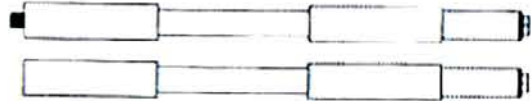
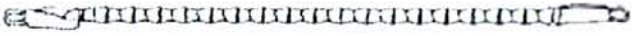

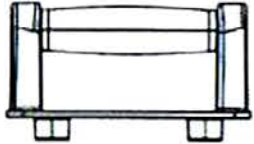





- Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.
- Please do not use it out of its original use. This is a general household product, please do not use for commercial purposes.
- Please Make sure the rope and handle are securely installed when using.
- Please set up item on flat, dry ground, well drained and safe place.
- Do not use in direct sunlight or in places where temperature is not constant.
- Do not put your fingers or objects in the gaps or holes in the product. May cause personal injury or malfunction.
- Never attempt to exercise with more resistance than you are physically able to handle.
- If you feel any uncomfortable during exercise, stop using it immediately and consult your physician.
- Always wear proper exercise apparel when using the equipment.
- Wait 2 hours after eating before using the exercise equipment. Do not drink before exercise.
- For safety, please stretch before exercise.
- Never attempt to exercise to exercise with more resistance than you are physically able to handle.
- Regularly wipe off the dust attached with dry cloth.

## Product Diagram





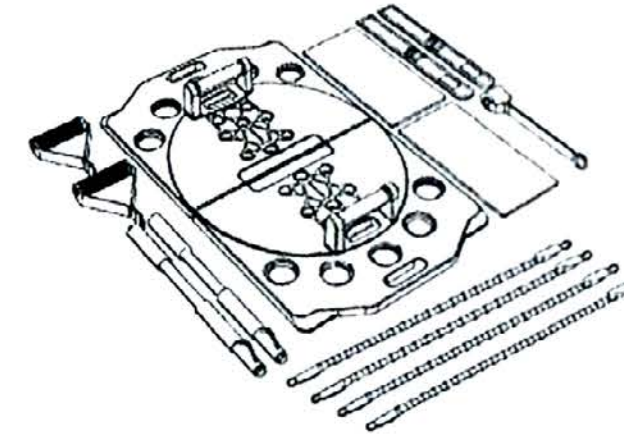
## Parts Guide

 <b>① Fitness Board x1</b>	 <b>② Resistance Bar x1</b>
 <b>③ Resistance Band(S) x2</b>	 <b>④ Resistance Band(L) x2</b>
 <b>⑤ Push-up Bracket x2</b>	 <b>⑥ Wristband x2</b>
 <b>⑦ Handle x2</b>	 <b>⑧ Door Latch x1</b>
 <b>⑨ Pad x2</b>	 <b>⑩ Carry bag x1</b>

05

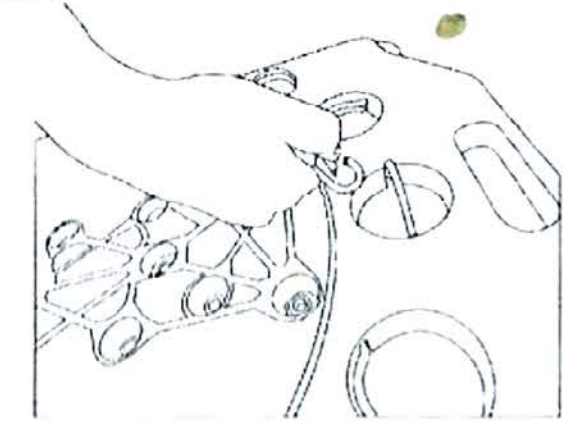
## Using Instrutctions

01



Expand your fitness board.  
(When expanding, pay attention to your fingers not be caught.)

02



Connect the Resistant Band to the U-shaped buckle.  
(Five U-shaped buckles on both sides of the board to adjust the strength of the band.)

03



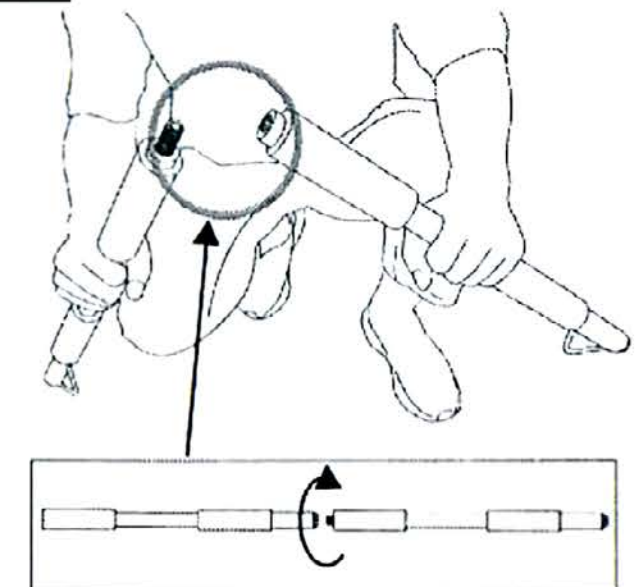
① Worn on the wrist

② Worn on the ankle



Wear wristbands.  
(Please keep wearing your wristband and protecting your wrists/ankles during exercise.)

04



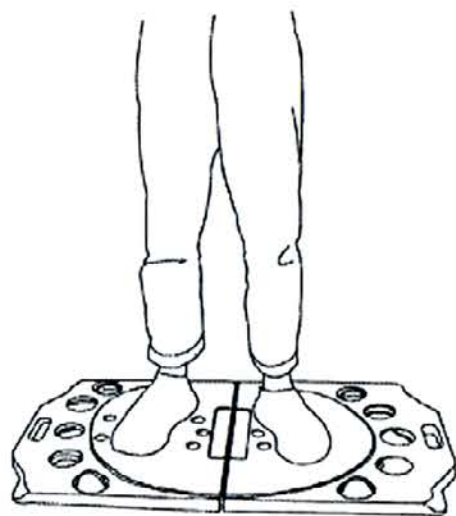
Turn the two parts of the bar to each other, refer to the figure.

06



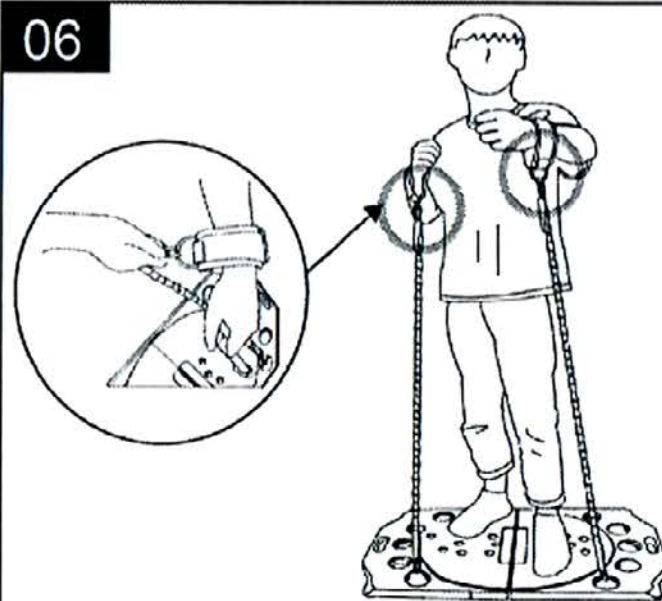
## Using Instrutctions

05



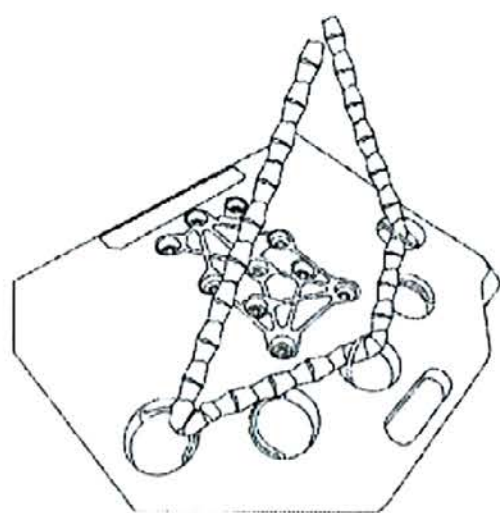
Standing on fitness board.

06



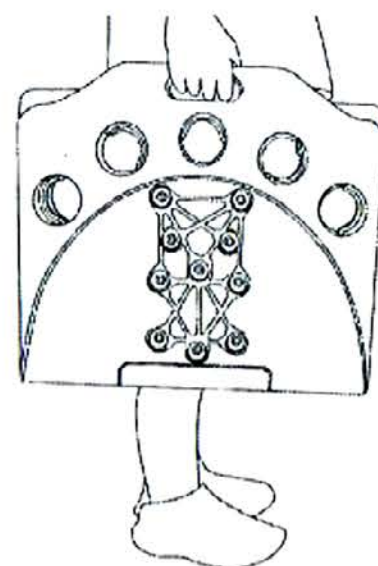
Select the accessories you want and assemble.

07



Fitness resistance by increasing resistance band or adjusting the number of U-shaped buckles.

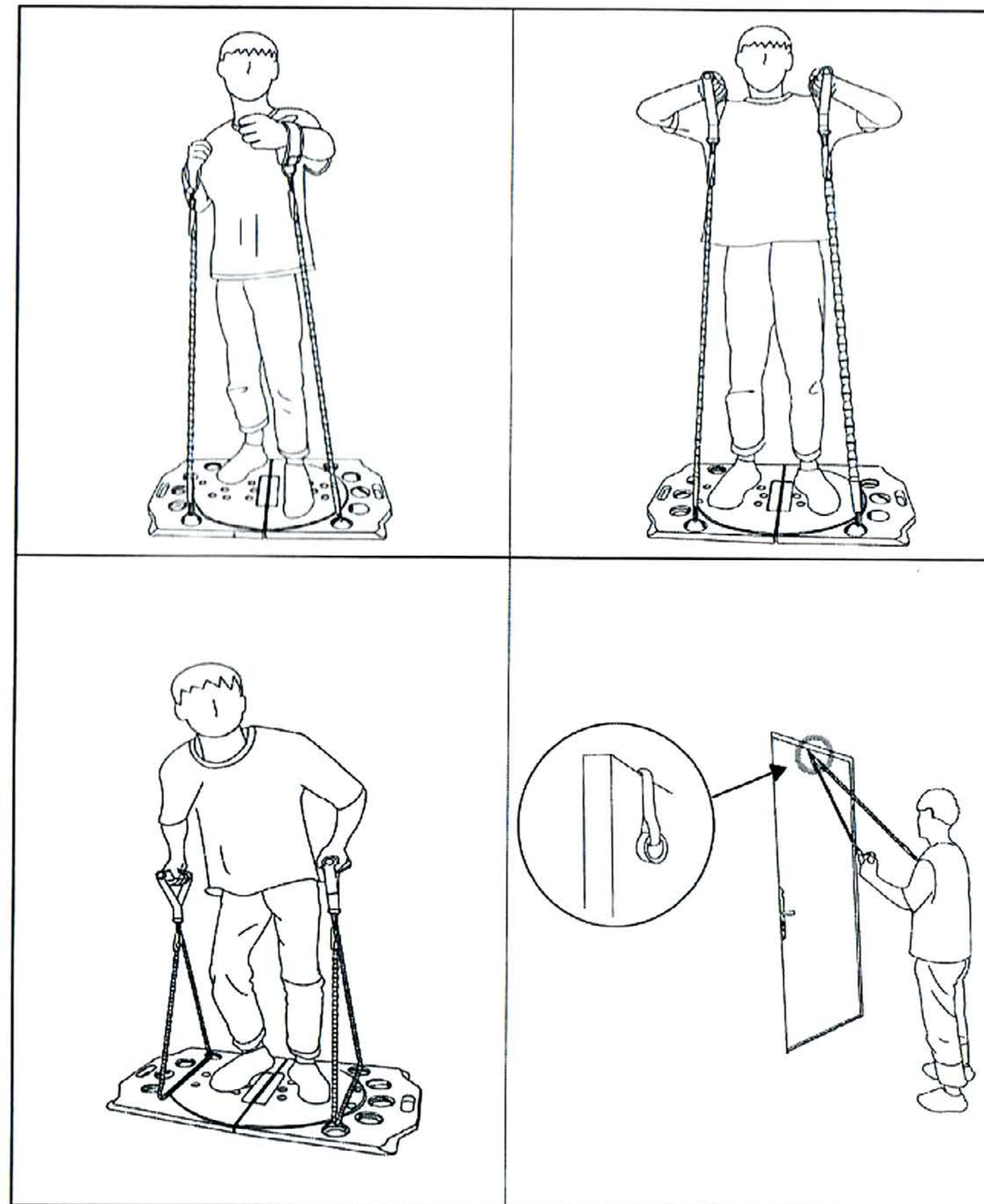
08



Fold up the product after use, easy to carry.

07

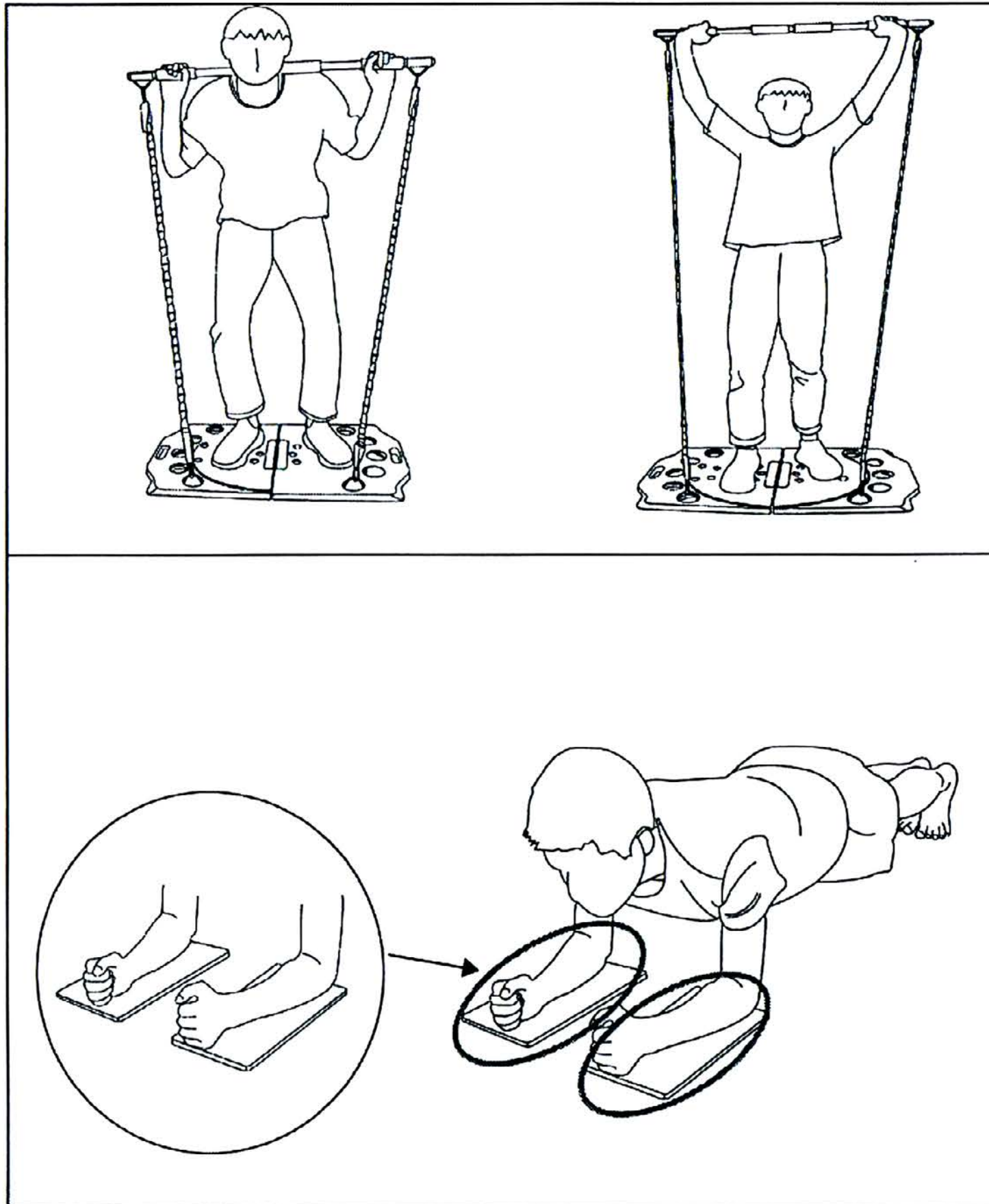
## Training Examples



08

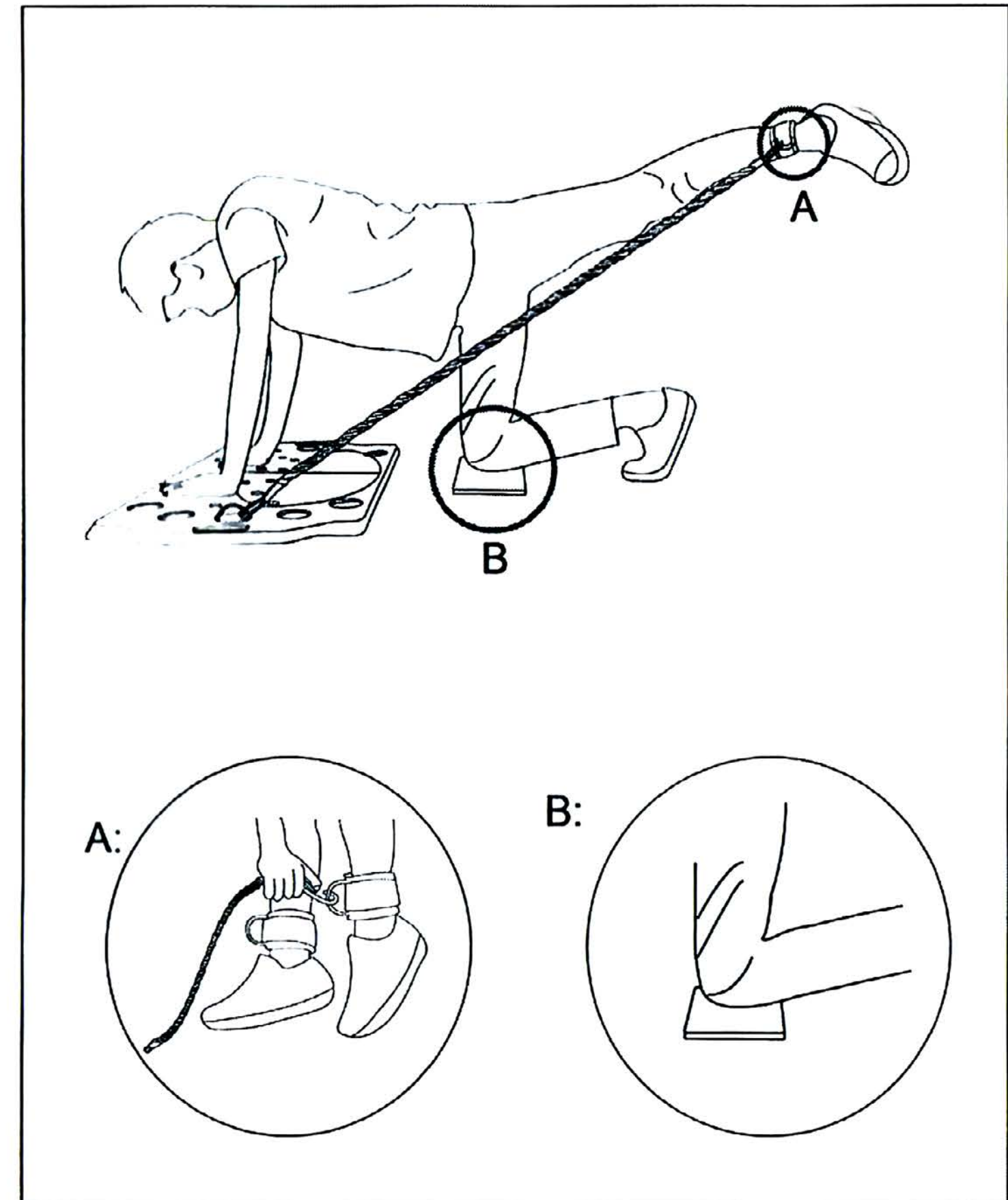


## Training Examples



09

## Training Examples



10