

Push-Up Bars Instruction for use

Congratulations!

With your purchase you have decided on a high-quality product. Get to know the product before you start to use it. Carefully read the following instructions for use.

Use the product only as described and only for the given areas of application. Keep these instructions safe. When passing the product on to a third party, always make sure that the documentation is included.

Scope of delivery

2 x Push-Up Bars
1 x Instructions for use

Technical data (Metric)

Diameter: 26cm, height: 7,3cm

Technical data (Anglo-American)

Diameter: 10", height: 2,7"

Material: Canadian maple or American walnut, brass

Maximum user weight: 100kg / 220lbs

Correct use

This article provides a better and more joint-friendly movement sequence for push-up exercises. The article was designed for use in the private area and is not suitable for medical and commercial purposes.



(2/2)

! Safety notes !

The article may only be used under adult supervision and may not be used as a toy. Consult your doctor before beginning training. Please ensure that you are in suitable health for the training. Remember to always warm up before training and train in accordance with your current level of performance. Severe injury is possible if you exert yourself too much or overtrain. If you experience complaints, weakness or fatigue discontinue training immediately and contact your doctor. Keep the operating instructions and the exercise information at hand at all times. Pregnant women should only do the training following discussion with their doctor. There must be a free area of approx. 0.6m / 2' around the training area. Only train on a flat and non-slip surface. Do not use the article in the vicinity of stairs or steps.

! Special care – Risk of injury for children !

Do not allow children to use this article without supervision. Point out the correct use of the training instrument and maintain supervision. Only allow use if the mental and physical development of the children allow this. This article is not suitable for use as a toy.

! Risks from wear !

The article may only be used in perfect condition. Examine the article for damage or wear before each use. The safety of the article can only be assured if it is examined regularly for damage and wear. Do not use the article if it is damaged.

General training notes

Wear comfortable sports clothing and shoes. Warm up before each training session and end the training gradually. Take sufficiently long breaks between the exercises and drink enough fluids. As a beginner you must never train with too much resistance. Slowly increase the training intensity. Carry out all the exercises steadily without too much speed or jerky movements. Make sure you breathe at a steady rate. Breathe out with effort and in upon recovery. Make sure you keep a correct posture while carrying out the exercises.

Warming up

Take enough time to warm up before each training session. The following section is a description of some simple exercises for this purpose. You should repeat each exercise 2 or 3 times.

Neck muscles

1. Turn your head slowly to the left and to the right. Repeat this movement 4-5 times.
2. Circle your head slowly, first in one direction and then in the other.

Arms and shoulders

1. Close your hands behind your back and pull them carefully upwards. If you bend your upper body forwards at the same time all the muscles are warmed up optimally.
 2. Circle both your shoulders forwards at the same time and then change direction after one minute.
 3. Pull your shoulders up to your ears and let your shoulders fall again.
 4. Circle your right and left arms alternately forwards and then after one minute backwards.
- Important:** Don't forget to continue breathing steadily throughout!



The following exercises
are only a selection.
Further exercises can be found in
relevant technical literature.



Wide push-up

Starting position

1. Place the push-up handles along your body approximately shoulder-width apart.
2. Support yourself on the handles with both hands. Extend your body to form a straight line. Tense your stomach muscles.
3. Your feet should only touch the floor with the tips of your toes.
4. In the starting position your arms are extended and your body is elevated.

End position

5. Bend your arms and lower your upper body in a controlled movement until your upper arms are parallel to your upper body.
 6. Push your body back up and return to the starting position without extending your arms completely.
 7. Repeat the exercise 10-25 times in 3 sets.
- Important:** Pay particular attention to keeping your body tensed throughout.



Knee lifts

Starting position

1. Place the push-up handles across your body approximately shoulder-width apart.
2. Support yourself on the handles with both hands. Extend your body to form a straight line. Tense your stomach muscles.
3. Stretch one leg out backwards and place the other foot forwards with your leg bent.

End position

4. In a jumping motion now bend the extended leg and at the same time pull the knee as far forwards as you can towards your chest.
 5. At the same time extend the other leg out backwards and land on the ball of each foot accordingly.
 6. After changing the positions of your feet begin the next jump movement.
 7. Repeat the exercise as often as possible for approx. 45-60 seconds in 3 sets.
- Important:** Pay particular attention to keeping your body tensed throughout.



Leg lifts

Starting position

1. Place the push-up handles along your body approximately shoulder-width apart.
2. Support yourself on the handles with both hands. Extend your body to form a straight line. Tense your stomach muscles.
3. Your feet should only touch the floor with the tips of your toes.
4. Avoid hollowing your back and tense your stomach muscles.

End position

5. Lift your right leg up as far as possible. Keep your leg extended. Make sure you do not hollow your back.
 6. Hold this position for 2 seconds and slowly lower your leg down again.
 7. Repeat the exercise with your left leg.
- Important:** Pay particular attention to keeping your body tensed throughout.

A

Push-ups on your knees

Starting position

1. Place the push-up handles across your body approximately shoulder-width apart.
2. Support yourself on the handles with both hands. Extend your body to form a straight line. Tense your stomach muscles.
3. Rest on your knees and bend your legs upwards.
4. In the starting position your arms are extended and your body is elevated.

End position

5. Bend your arms and lower your upper body in a controlled movement until your upper arms are parallel to your upper body. Your elbows are pointing outwards.
 6. Push your body up again and return to the starting position without completely extending your arms.
 7. Repeat the exercise 10-25 times in 3 sets. Pay particular attention to keeping your body tensed throughout.
- Important:** Pay particular attention to keeping your body tensed throughout.



Body lifts

Starting position

1. Place the push-up handles along your body approximately shoulder-width apart and sit between the push-up handles.
2. Support yourself on the handles with both hands. Your legs are extended in front of you.

End position

3. Tense your stomach muscles and press yourself up with your arms fully extended.
 4. Hold this position briefly.
 5. Bend your arms and lower your body back down. Repeat the exercise 10-25 times in 3 sets.
- Important:** Pay particular attention to keeping your body tensed throughout.

A



B

B

Single arm side push-up

Starting position

1. Place one push-up handle across your body on the floor.
2. On your side, support yourself on the handle with one hand and tense your stomach muscles. The handle is under your shoulder and your arm is angled.
3. Support your upper arm on your hip and lay your upper leg on the lower leg.
4. Lift your upper body and your pelvis slightly. Your body is extended and forms a line.

End position

5. Lift your body up by extending your arm. Make sure you do not extend your arm fully. Your head stays as an extension of your spine.
6. Hold this position briefly and then lower your upper body and bend your arm.
7. Repeat the exercise 10-25 times in 3 sets. Important: Pay particular attention to keeping your body tensed throughout and avoid dipping your pelvis.



Push-up with position change

Starting position

1. Place the push-up handles along your body approximately shoulder-width apart.
2. Support yourself on the handles with both hands. Extend your body to form a straight line.
3. Place your legs close together and tense your stomach muscles. Only the tips of your toes are touching the floor.
4. In the starting position your arms are extended, your body is elevated and your legs are together.

End position

5. Jump your feet wide apart and back together. Hold your arms extended and your head as an extension of your spine.
6. Repeat the exercise 10-25 times in 3 sets. Important: Pay particular attention to keeping your body tensed throughout and avoid hollowing your back.



Balanced push-up

Starting position

1. Place one push-up handle upside down in front of your body on the floor.
2. Place both hands on the wooden ring. Extend your body to form a straight line. Tense your stomach muscles.
3. Your feet should only touch the floor with the tips of your toes.
4. In the starting position your arms are extended and your body is elevated.

End position.

5. Bend your arms and lower your upper body in a controlled movement. While doing so try balancing yourself.
 6. Push your body back up and return to the starting position without extending your arms completely.
 7. Repeat the exercise 10-25 times in 3 sets.
- Important:** Pay particular attention to keeping your body tensed throughout.

Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

Care, storage

Always store the article in dry and clean condition at room temperature. Never clean it with aggressive cleaning materials but rather wipe it clean with a dry cleaning cloth. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to early wear, which can cause injury.

Disposal

Dispose of the article and the packaging materials in accordance with current local regulations. Packaging materials such as foil bags are not suitable to be given to children. Keep the packaging materials out of the reach of children.



Have fun!
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