

SQBK-1 ODYSSEUS

Portable Push Up Board

Home Workout Equipment Set

Includes 5pcs. Resistance and Elastic Bands, Pilates Rods
Fitness Mat with Carrying Bag for Physical Therapy and Strength Exercise

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!



USER GUIDE

PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION

Features

- Lightweight, High Quality Durable ABS Plastic
- Durable and Not Easily Damaged
- Anti-Slip Sticker at the Bottom
- Soft Silicone Handle
- Fit for all Kinds of Ground
- Avoid Excessive Wrist Pressure
- Thickened Grip, Helps Build Muscles
- Improve Fitness and Flexibility
- Rubberized Easy-Grip Platform Pad
- Portable and Exercise Mat
- Durable Fitness Mat with Non-Slip Texture
- Convenient to Carry and More Stable
- User-Friendly, Efficient and Safe with Carrying Bag



What's in the Box:

- (1) Foldable Board
- (2) Handle
- (1) Pilate Rod
- (1) Elastic Bands
- (20) Bottom Stickers
- (1) Side Inserter
- (5) Resistance
- (1) Bag

Technical Specs:

- Construction Materials: ABS + PP + TPE
- Weight Capacity: 1,102 lbs.
- Rod Length: 35.4" inches
- Board Length: 19.7" inches
- Board Handle Size: 7.87" x 3.96" -inches
- Product Dimensions (L x W x H):
25.9" x 14.1" x 4.05" -inches

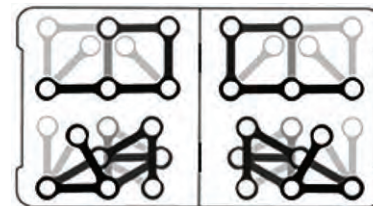
Questions? Comments?
We are here to help!
contact@squatZ.com

Assembly Method

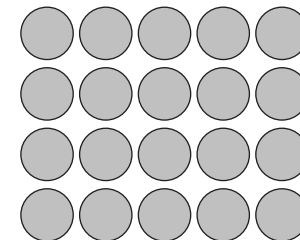
Accessories: 36 holes / 22 Exercise Modes



1. Soft Rubber Handle *2



2. Training Board



3. Sponge Gasket *20

Reminder: Install the Portable Push Up Board firmly before use.

Portable Push Up Board Installation

1. Open the package, paste the anti-slip foot pads on the bottom, and then exercise according to the training method.
2. You can attach 10 anti-slip foot pads on the unit to keep the board stable while doing push ups.

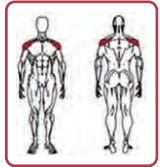
Instructions

1. Set up the push-up board on an even surface. Secure the handles in the appropriate color-coded position based on the muscle you are planning to target. Once you have the board ready, get into the starting position by grabbing the handles with an overhand grip. Your hands should be directly under your shoulders, and your body should be in a straight line throughout the movement. Slowly lower your torso towards the board until your shoulders are a few inches away from the handles. Return to the starting position explosively. Pause and contract your target muscles at the top.
2. With the help of this push-up board you can train your chest, shoulder and triceps muscles. Different color-coded push up board targets specifics muscles worked, making your posture more standard, and matching with the gifted professional training schedule to make your fitness more efficient.
3. Do not change the handle position during push-ups.

Portable Push Up Board Tips

Do not lock out your arms at the top of the movement as it will take away the tension from your target muscles and put it on your elbows. If you are a beginner, you could perform the exercise by balancing your lower body on your knees instead of your feet. Gripping the bars tightly will help you generate more power. Make sure your neck and spine are aligned while performing the exercise. Do not shrug your shoulders. Keep your core and glutes braced throughout the movement. Breathe in while lowering your body towards the floor and exhale sharply as you return to the starting position. Don't flare your elbows too wide as it will put unnecessary tension on your shoulders and rotator cuffs.

IMPORTANT NOTES



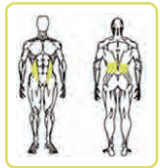
1. Red line shoulder exercise. The shoulder effectively forms the upper the upper body muscles and provides a variety of effective positions and angles for shoulder muscle movement.



2. The pink and purple line chest exercise provides effective formation of the position and angle of the upper body muscles of the chest muscles.



3. The green line triceps exercise provides multiple positions and angles of movement for efficient peptide triceps formation.



4. The yellow line Trapezius exercise provides multiple positions and angles of movement for a strong spine.



5. The blue line core muscle group effectively exercises the core muscle group and enhances the muscle endurance of the muscle group.

FREQUENTLY ASKED QUESTIONS

Q: Why do muscles feel sore after exercising?

A: Please exercise gradually. In the initial stage of using the push-up training board, the upper body may be sore the next day, and it will gradually improve in the future. It is recommended to do 15 sets first, 3 sets a day, and then 20 sets after a month, and gradually progress according to your own conditions.

Q: Can children use it?

A: It can be used, but it should be used reasonably under the supervision of an adult, and pay attention to safety.

Please strictly follow the instructions for other matters not noticed, and all the consequences caused by improper operation and use are the responsibility of the parties themselves.

Important Safety Precautions

Please keep this instruction manual in a safe place for future reference

1. Please allow your child to exercise reasonably under the supervision of an adult.
2. In order to prolong the life of the product, the equipment should be avoided from being exposed to the sun, humid and hot, wind and rain and other adverse environments. It is also necessary to avoid corrosive chemicals such as oil stains, strong acids and alkalis on the product.
3. Please make sure to use the equipment in the way specified in the manual. Please check whether the product is in good condition when using it, and do not use the defective product.
4. Wrong use or excessive exercise will cause muscle damage. It is recommended to do 10-15 groups first, 3 groups a day, and then 20 groups in one month, and gradually progress according to your own conditions.
5. In the process of storing the equipment, pay attention to the storage location to avoid unnecessary losses.
6. The training equipment is suitable for different groups of people. Please strictly follow the instructions or train reasonably under the guidance of a coach.
7. The training equipment is not suitable for use as medical equipment.
8. If you encounter any problems or need our assistance during installation or use, please contact customer service.

10-Week Super Training Program

30-60 seconds between each training set

Note:

- Keep your head and neck straight. Keep your shoulders down and back steady.
- Keep your hips in line with your torso for proper abdominal absorption.
- Absorb your abs when doing push-ups.
- When doing push-ups, the position should be widened for better balance.
- Do not change the handle position during push-ups.

Modified Push Ups: Knee Pose (Beginner), Regular Pose (Intermediate), High Pose (Advanced).

Three Challenging Training Phase

10-Week Program

1. Primary stage (First 3 weeks, 4 days a week training)
2. Ascension stage (3 weeks in between, training 5 days a week)
3. Advanced stage