

# SQPH-1 CAPULUS S-Type Push-Up Handle Bars

for Home Gym Fitness Training, with Comfortable Foam Grip  
and Non-slip Handles for Men and Women Workout Training

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

# SQUATZ

## USER GUIDE

**PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION**

### Features

- Heavy Duty and Strong Grip
- Solid Steel Handles
- Lightweight Design
- No Assembly Required
- Made from Strong Durable Metal
- Thick High-Quality Foam, Soft and Comfortable, Sweat-absorbent
- Non-slip, Anti-skid Pads on the Bottom to Prevent Damage
- Ideal for Developing Muscles in the Chest, Arms and Shoulder
- S-shaped Protect Floor Surfaces and Helps to Add Stability During Workout



### What's in the Box:

- S-Type Pushup Handle Bars

### Technical Specs:

- Construction Material: EVA+IRON
- Weight Capacity: 0.93 lbs.
- Product Dimensions (L x W x H): 6.7" x 5.5" x 4.5" -in.



**Questions? Comments?**  
We are here to help!  
[contact@squat.com](mailto:contact@squat.com)



### HOW TO USE S-TYPE PUSH-UP HANDLE BARS

1. When push-ups are in use, the two handlebars should be placed at different distances or characters, so that different body postures can be effectively exercised.
2. Men's regular practice of push-ups can also increase the volume of the pectoralis major and deltoid muscles, which is conducive to the formation of a bodybuilder with a wide upper and lower body. Women often practice push-ups, which are good for breast development and chest fitness and remove fat from the back of the upper arms. Middle-aged people can maintain upper body strength through regular practice.

### WIDE PUSH-UP

The distance is about 1.5 times shoulder width and the width of this distance is mainly to exercise your outer pectoralis major, but also to exercise your anterior deltoid and triceps.

This method has also more conventional distance which is suitable for most people to exercise.

### MIDDLE DISTANCE PUSH UPS

The distance between the arms is slightly larger than the shoulder width.

The main part of the exercise is the middle part of your pectoralis major (increasing the thickness).

The pectoralis major of Shimen appears stronger, while developing the anterior deltoid and brachialis.

Triceps are a great way to exercise.

### NARROW PUSH-UPS

This kind of push-up distance is less than the shoulder width which you should observe when exercising.

Your hands should be placed in front of the two nipples, mainly exercising the anterior deltoid and triceps, while developing the inner side of the pectoralis major (cleavage). Many female friends like this, not only it is less difficult to exercise, but it can also help a lot in shaping your body.

## DEEPER MORE INTENSE WORKOUTS

Greater range of motion, deeper pushups and more push-up positions for varied muscle use.

- Enables varied muscle use with more hand positions.
- Integrate with any upper body workout program.
- Maximize your effort with deeper push-ups.
- Strengthen and sculpt shoulders, chest, arms and back.
- Build and tone muscles - target the triceps, biceps, lats, pecs, deltoids and abs.
- Reduce stress on wrists.



## Important Safety Precautions

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

1. Perform a series of exercises such as push-ups on a suitable venue.
2. When practicing push-ups, it is best to wear sports clothes or light clothing, and wear shoes with good anti-slip properties, so that you will feel stable and less likely to be injured when you move.
3. Before exercising, it is best to warm up the whole body, especially related parts, such as shoulders, arms, wrists, ankles, to avoid sprains and contusions.  
Start the push-up exercise, from easy to difficult, from more to less, from light to heavy, step by step.
4. The method of doing push-up breathing is also very important. Inhale when you bend down, exhale when you stand up. Find your own breathing rate which will have a multiplier effect.
5. Be prepared and relaxed to prevent injury and muscle stiffness.  
Push-ups is an exercise that requires a lot of physical strength, if there is no preparatory exercise, it is likely to hurt the body's organs or encounter other unexpected situations.  
Therefore, before doing push-ups, you should press your legs or move your limbs first.
6. Push-ups are gravity training, so after doing push-ups, you should rest a lot, and it is best to massage your body, so as to effectively prevent overstrain, and you need to take more care of these joints.
7. According to your physical condition, choose the appropriate exercise method and control the exercise load.

## FREQUENTLY ASKED QUESTIONS

### What are the benefits of S-Type Push-Up Handle Bars?

1. Wrist pain is a common complaint of people who do a lot of push-ups. Many people will do push-ups with their hands in fists to avoid wrist pain, but that can be uncomfortable on the knuckles.  
Push-up handles alleviate both of these issues by keeping your shoulders and arms in better alignment, which is a more comfortable position for your wrists, and preventing you from having to put your knuckles on the floor.
2. **It Works Your Chest More Than Regular Push-Ups.** When you do push-ups on handles, your chest has further to travel to touch the ground. This increased range of motion engages even more of your pecs than regular push-ups.
3. **If Regular Push-Ups Are Too Easy for You, the Handles Add an Extra Challenge.**  
If you're already proficient with push-ups and find regular push-ups too easy, doing them on handles can make them more challenging. The handles allow for greater muscle engagement and give your body a further distance to travel, which makes the push-ups more difficult to perform.