

SQPULAB ANTIGONE

Multifunction Push Up Rack

 SQUATZ

Elastic Device Body Building Training At Home Gym Sport Equipment

USER GUIDE

Features:

- Sturdy Built Handles
- Designed Comfortable to the Hands
- Lightweight and Portable
- Anti-Slip Handles
- Combined with Exercise Resistance Bands
- Brings Ultimate Convenience Workout
- Improves Strength, Power and Cardio
- Elastic Resistance Band Can Shape Arms, Legs and Hips
- Suitable for Muscle Training

What's in the Box:

- (2) Push-ups • (2) Elastic band (10lbs./20lbs.)



Technical Specs:

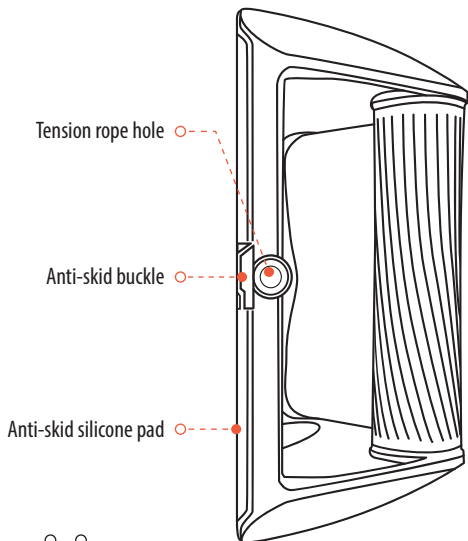
- Construction Material: Black shell: ABS, Orange Grip: TPR,
- Two elastic bands: Latex
- Weight Capacity: 440.9 Lbs.
- Weight: 2.20 lbs.
- Product Dimensions (L x W x H): 8.27" x 7.08" x 7.88" -inches



**DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT!
ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!**



Product Description



*** With 2 pull ropes:**
10lb * 1, 20lb * 1



Tension rope

Instructions

Warming Up: Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

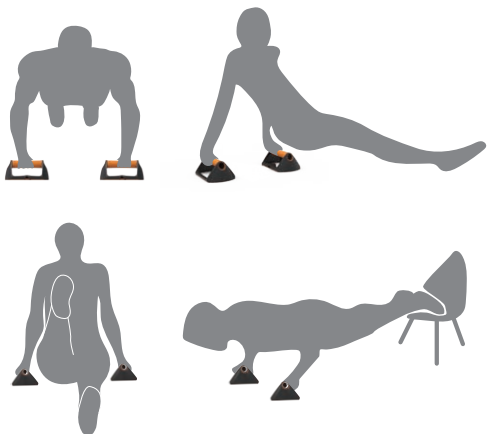
- 1. Shoulder Circumference:** Take the shoulder as the center, draw a circle around the arm, and feel the activities of shoulder joints and shoulder blades. Maintain natural breathing, which can expand the chest and relax the shoulder joints.
- 2. Stretch the Neck:** Stretch the neck from side to side. Close the neck to the left and right shoulders, and stretch the sides of the neck and shoulders as much as possible. Stretch the neck forward. Try to use your chin close to your chest and stretch the muscles behind your neck.
- 3. Thoracic expansion exercise:** Open your feet, shoulder wide, bend your elbow 90 degrees, and lift your upper arm so that it is shoulder high; Inside elbow Swing outward. When swinging inward, make the elbow joint touch each other, and swing backward as far as possible when swinging outward.
- 4. Waist and abdomen movement:** The left foot is slightly wider than the shoulder to the left, the legs are straight, the arms are extended horizontally to both sides, the palms are down, the upper body posture remains unchanged, and the upper body is parallel to the ground. Touch the left toe with your right hand, and touch the right toe with your left hand in 2 beats, alternating in turn.

Requirements:

The left and right swivel range should be wide and the legs should be straight and fully extended.

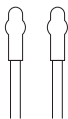
**You should warm-up and loosen your joints a little before starting your workout.*

1. Push-Up Bracket Usage

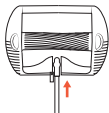


2. How to install Tension Rope for Push-Up Bracket

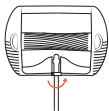
a. Select the tension rope by your appropriate weight.



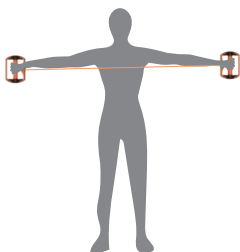
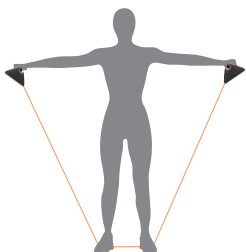
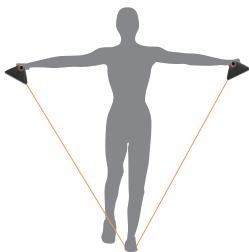
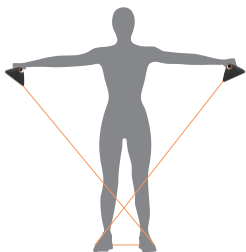
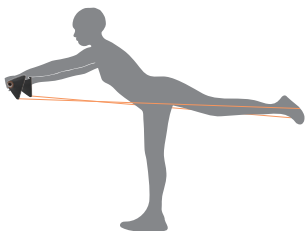
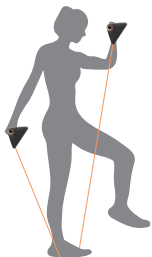
b. Insert the tension rope into the tension rope placement hole.



c. Lock the anti-slip buckle to complete the assembly.



3. Push-Up Bracket with Tension Rope Usage



Cleaning and Maintenance

The **Multifunction Push-Up Rack** are made of waterproof materials, which can be washed directly using dish cloth or clean water.

Wipe it dry using dry dish cloth or dry paper towel after washing.

Matters Needing Attention

1. Keep away from high-temperature substances (such as cigarette butts, matches or ash), flammable and explosive liquids (such as gasoline etc.) to avoid combustion.
2. Use with extreme care and always store safely and out of reach of children. Do not allow children to use this product unattended.
3. Please confirm that the tension rope is installed in place before use, so as not to break away from the buckle during use.



Questions? Comments?

We are here to help!

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