

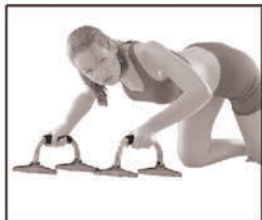
Tips for best results.

1. Your **PUSH UP BARS** are designed to tone specific muscle groups and improve flexibility.
2. It is important to achieve the correct starting position while performing the exercises described in this booklet.
3. Make sure you breathe normally while doing any exercise. Do not hold your breath.
4. All of the exercises described should be performed with a smooth, controlled motion.



Safety Tips.

1. **Consult your physician before beginning this or any other fitness program.**
2. Be aware of your body's signals. Incorrect or excessive exercise maybe harmful to your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, headache, dizziness or nausea. Should you experience any of these conditions consult your doctor immediately.
3. Always wear suitable clothing while exercising.
4. Keep children and pets away from exercise equipment. These **PUSH UP BARS** are designed for adult use only.



Assembly Instruction

Take the push up bar tubing insert to the base stands as shown as above figures

