Push-up Stand User Manual

I. Safety Warnings

1. ⚠Do not use on slippery or unstable surfaces.
2. ⚠Children must use this product under adult supervision.
3. ⚠Avoid overloading; ensure usage remains within the specified weight capacity.

II. Product Name

Push-up Stand

III. Instructions for Use

1. Place the stand on a flat, level surface.
2. Adjust the height to a suitable position for your body.
3. Hold the stand with your hands and perform push-up exercises.

IV. Precautions

1. Check the stability of the stand before each use.
2. Avoid excessive force to prevent injury.
3. After use, return the stand to its designated storage location to avoid tripping hazards.

V. Feature Highlights

1. Multi-angle Adjustment: Adapts to various training requirements.
2. Stable Support: Prevents hand slippage during exercise.
3. Lightweight Design: Facilitates easy storage and portability.

VI. Frequently Asked Questions (FAQs)

1. What should I do if the stand feels unstable? — Verify that the surface is level and even.
2. Will the stand become loose over time? — Regularly inspect and tighten all screws as needed.

VII. After-sales Service

1. Defective items may be returned or exchanged within 7 days of purchase.
2. For quality-related issues, please contact customer service for assistance.

