PRODUCT MANUAL

1.Product Informaton

Product Name: [push-up board]

Model: [FWCB]

Batch/SerialNumber:[2673459265]

2.MANUFACTURER & EU REPRESENTATIVE INFO

- Manufacturer:

Manufacturer:Wuxi Chenghan International Trade Co., Ltd

Adress:501, 502, 503, 5th floor, Building 4, 599-6 Jianzhu West Road, Wuxi City

Tel: 86-17625405528

E-mail:wangjiacheng@lpcbec.com

- EU Authorized Representative:

AR Company Name: eVatmaster Consulting GmbH

Full Address : Raiffeisenstraβe 2 B11,63110 Rodgau,Germany

Email :contact@evatmaster.com

3.Compliance Information

Example :

- For Electrical or Electronic Products: relating to electrical safety, electromagnetic compatibility, or environmental compliance, conformity marking (e.g., CE) and related documentation may be required.

- For Toys: additional safety requirements, warnings, or assessments may apply.

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NOTE: This product must comply with all applicable safety and regulatory requirements in the market whereit issold.Sellersmustassesswhichrequirementsandregulationsapplybasedontheactua product type, function, and destination market.

4.Safety & Warnings

Important Safety Information

Readallinstructionsbeforeuse.Failuretofollowtheseinstructions mayresultindamagetothe productor personal injury.

- Before training, check if the board and handle are securely fastened to ensure there is no looseness
- Choose a flat ground to place the push up board and avoid using it on smooth or sloping surfaces
- Maintain core tightness during training to avoid waist collapse or excessive arching
- Novices, please use it under the guidance of a professional coach
- Maintain proper movement during training to avoid rapid and forceful pulling that may cause equipment to rebound and injure people

5.Instructions for Use

Examples :

1.Unfold the push up board to a flat state, and attach the anti slip pad to the bottom of the board

2.Insert the handle into the corresponding colored hole according to the training objective

Chest muscle training: Wide distance push ups, with a focus on stimulating the pectoralis major muscle
Shoulder training: Mid distance push ups to strengthen the deltoid muscle
Back training: Narrow distance push ups activate the latissimus dorsi and trapezius muscles
Triceps training: Narrow range elbow push ups to exercise the triceps muscle

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