

User Manual for Push-Up Handles

1. Product Description

Push-up handles are training devices designed to enhance exercise efficiency by allowing a deeper range of motion and reducing wrist strain.

2. Intended Use

The handles are ideal for:

- Strength training
- Strengthening chest, arm, and tricep muscles
- Improving stabilization and balance
- Reducing wrist strain during push-ups

3. Usage Instructions

- **Preparation:**
 - Place the handles on a stable, non-slip surface, ensuring they are evenly spaced and secure.
 - For rotating handles, check that the swivel mechanism operates smoothly.
- **Performing Exercises:**
 - Firmly grip the handles with both hands.
 - Assume the push-up position, keeping your body in a straight line from head to heels.
 - Lower your body by bending your elbows until your chest is close to the floor.
 - Push your body up by straightening your arms to full extension.
 - With rotating handles, you can rotate your hands during the movement, which further engages stabilizing muscles.

4. Maintenance and Care

- **Cleaning:**
 - After each workout, wipe the handles with a damp cloth and mild detergent.
 - Avoid using harsh chemicals that may damage the material.
- **Storage:**
 - Store the handles in a dry place, away from direct sunlight and heat sources.
 - Avoid storing in areas with extreme temperatures.

5. Precautions

- **Safety:**
 - Before each use, inspect the handles for any signs of damage. If any damage is found, discontinue use until repaired or replaced.

- Ensure the surface where you place the handles is stable and non-slip.
- **Usage:**
 - Avoid sudden movements and overloading the handles beyond their maximum capacity.
 - Children should use the product only under adult supervision.