



PUSH UP STANDS USAGE MANUAL

CUSTOMER SERVICE / SATISFACTION GUARANTEE

Our passion is providing high quality affordable fitness equipment that lets you get the most from your workouts every day. We are proud to serve your gym needs and want to meet and exceed your expectations for customer service. Satisfaction is guaranteed, please contact us if you need any assistance.

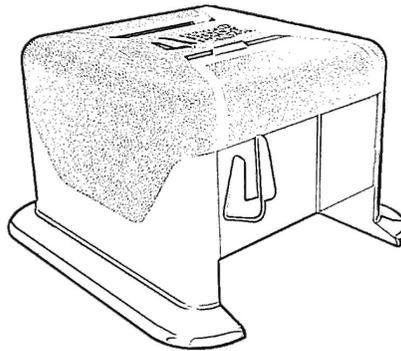
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om

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(M-F 9am-5pm EST)

FOR YOUR SAFETY: Consult your physician before beginning this or any exercise program. If you experience any discomfort while using the push up stands, discontinue use and consult your physician immediately.

Push Up Stands



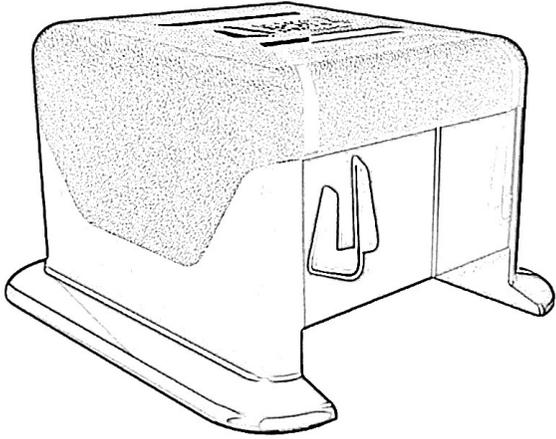
Thank you for your purchase of Ultimate Body Press Push Up Stands. Your new stands are designed to support better workouts every day by combining the best performance of rail-type stands and push up blocks to improve comfort, reduce strain up the kinetic chain from your wrists through your shoulders and core with three position options.

Every aspect of the stands from the width and stability of the base, to the depth of the grip cutaways and the grip texture is designed to give you comfort and variation so you can break through plateaus, discover new levels of performance and get the results you want in less time.

We hope you enjoy getting to know your new push up stands and encourage you to try each of the three available positions to find your more comfortable fit. As you progress, revisit the other positions to ensure that you are getting the best possible fit for your valuable workout time.

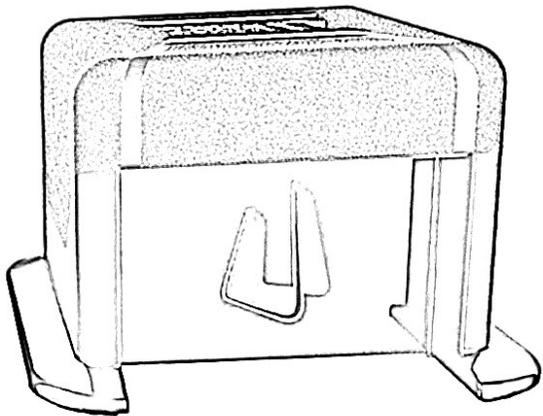


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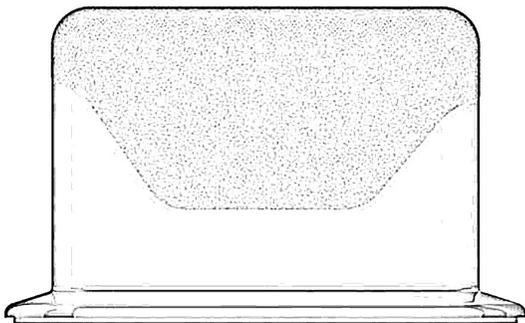
Position I

The deepest cutaway allows your fingers better reach under your palms for a more secure grip



Position II

A more mild cutaway provides better leverage for your hands and fingers



Position III

A flat face to best simulate traditional push up blocks

Please contact customer service if you have any questions or concerns. Your satisfaction is 100% guaranteed.