



READ THIS BEFORE USING PUSH-UP STANDS

Due to the physical nature of using these push-up stands, Beachbody recommends a complete physical examination from your physician before using this product and beginning any exercise program. If you experience any discomfort while using the push-up stands, discontinue use and consult your physician.

These push-up stands are serious workout tools that should **ONLY** be used to perform push-ups. They have been designed to support up to 300 pounds. While this product has been manufactured and tested to decrease the risk of injury, the potential for personal injury or property damage does exist. Therefore, the user assumes all risks in the use of this product.

Important: When using the push-up stands, make sure they are securely positioned on a level, stable, nonskid surface. It is the user's responsibility to determine if the surface being used will safely sustain the proper use of these stands.

These push-up stands give you the comfort and flexibility to perform a variety of challenging exercises. The push-up stands target the chest, shoulders, triceps, biceps, forearms, back, and core muscles.

USE ONLY TO PERFORM PUSH-UPS!

Not intended for any other purpose.

Important Safety Reminders

DOs

- DO make sure your push-up stands are completely secure on the exercise surface.
- DO maintain a controlled motion when performing push-ups.
- DO wait until the end of each set before repositioning stands.
- DO make sure that any chair or stability ball you use to prop your feet on is secure.

DON'Ts

- DO NOT use this product if you weigh over 300 pounds.
- DO NOT use this product if you are unsure of the stability or traction of the surface.
- DO NOT allow children under the age of 16 to use this product without adult or professional supervision.
- DO NOT attempt any plyometric exercises (i.e., clapping or airborne push-ups) while using the push-up stands.
- DO NOT attempt to reposition the angle of the stands while performing an exercise.

Care Instructions

Clean with a damp cloth and wipe dry.

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