

# Folding push up training board

## 可折疊俯臥撐訓練板

Model: TD-IW

### Features:

- Four-color partition, the specific muscle movement color is inserted into the handle according to the color, and various parts of the shoulder muscles, chest muscles, latissimus dorsi and triceps can be exercised
  - 23 combinations, can deepen chest muscle stimulation by adjusting the distance of the bracket
  - Using ABS material, strong load-bearing, environmental protection and no odor
  - Silicone non-slip grip, sweat-absorbing, non-slip, comfortable to hold, with non-slip stickers attached to the bottom of each foot, non-slip safety
- Scope of application: office, outdoor push-up exercises, muscle training
- 四色分區, 特定的肌肉運動顏色根據顏色插入手柄, 可以鍛煉肩部肌肉、胸部肌肉、背闊肌和三頭肌各個部位
  - 23組合方式, 可通過調整支架距離, 加深胸部肌肉刺激
  - 採用ABS材料, 承重強, 環保無異味
  - 矽膠防滑握把, 吸汗、防滑, 手握舒適, 底部各個腳附帶防滑貼, 防滑安全
  - 適用範圍:辦公室、戶外俯臥撐鍛煉, 肌肉訓練



### Specifications

Product Model 產品型號	TD-IW
Product Material 產品材質	ABS
Model 型號	Free size 均碼
Color 顏色	Black 黑色
Drawstring material 拉繩材質	Rubber 橡膠
Packing size 包裝尺寸	64.5*19.5*1.8mm
Package weight 包裝重量	1300g

### Instructions

What is the whole piece by splicing the board from the middle seam

Insert the handle according to the color to exercise the shoulder muscles, chest muscles, triceps and spine

Four-color zone: red zone-shoulder exercise; blue zone-chest exercises; Green area-triceps movement; yellow area-latissimus dorsi movement

Operation: Insert the non-slip handle into the corresponding hole of the part you need to exercise to exercise. It can be adjusted according to your own situation. The handle can be removed by pulling it out

將板材由中縫拼接何為整體

根據顏色插入手柄, 可以鍛煉肩部肌肉, 胸部肌肉, 肱三頭肌和脊柱各部位

四色分區: 紅色區——肩部運動; 藍色區——胸部練習

綠色區——三頭肌運動; 黃色區——背闊肌運動

操作: 把防滑手柄插入自己需要鍛煉部位相應的孔中即可鍛煉, 可根據自身情況調節, 手柄往外一取即可取下