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Model: Push Up Handles

INTRODUCTION

The ZIPRO Push Up Handles are designed to enhance your strength training, specifically targeting chest, shoulder, arm, and back muscles. These handles provide an increased range of motion compared to traditional push-ups, leading to more effective workouts. They also promote a natural wrist position, reducing strain and the likelihood of injury during exercise.

This manual provides essential information for the proper setup, operation, maintenance, and troubleshooting of your ZIPRO Push Up Handles to ensure safe and effective use.

PRODUCT OVERVIEW

Components

- 2 x Push Up Handles with Foam Grips
- 2 x Stable Bases



PUSH-UP BARS

ANTI-SLIP, SOFT FOAM HANDLES



STEADY BASE

Image: Overview of ZIPRO Push Up Handles highlighting anti-slip foam handles and steady base.

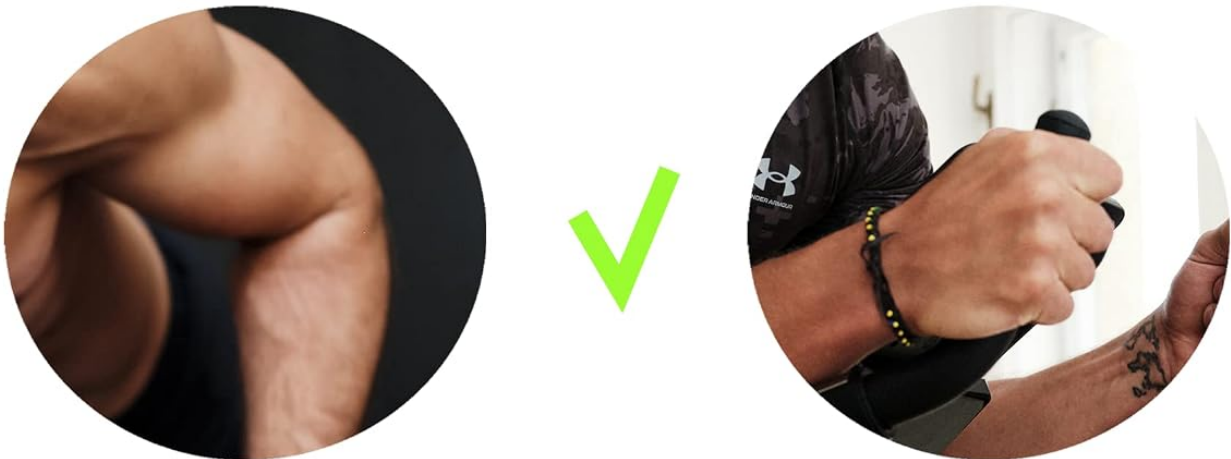
SETUP

Assembly Instructions

The ZIPRO Push Up Handles are designed for quick and easy assembly. Simply insert the curved handle bars into the designated slots on the stable bases. Ensure they are firmly seated before use.

1. Unpack all components from the packaging.
2. Take one handle bar and one base.
3. Align the bottom ends of the handle bar with the openings on the base.
4. Push the handle bar firmly into the base until it clicks or feels secure.
5. Repeat for the second handle.
6. Verify both handles are stable and do not wobble before beginning your workout.

Push-up bars keep your elbows and wrists healthy.



Easy to put together, light weight and small, the push-up bars are perfect workout accessory that you can carry with you, wherever you go.



Image: Disassembled components of the push-up bars, illustrating their simple structure and compact size (82mm height, 840g total weight).

OPERATING INSTRUCTIONS

How to Use

The ZIPRO Push Up Handles allow for a deeper range of motion during push-ups, intensifying muscle engagement. Place the handles on a flat, stable surface, approximately shoulder-width apart or slightly wider, depending on your comfort and target muscles.

Proper Form and Technique

- **Hand Placement:** Grip the foam handles firmly. Your wrists should remain straight and aligned with your forearms, reducing stress on the joints.
- **Body Position:** Start in a plank position with your body in a straight line from head to heels. Engage your core muscles.
- **Descent:** Lower your chest towards the floor, allowing your elbows to bend naturally. The handles enable a deeper descent than traditional push-ups.
- **Ascent:** Push back up to the starting position, fully extending your arms.
- **Breathing:** Inhale as you lower your body, exhale as you push back up.

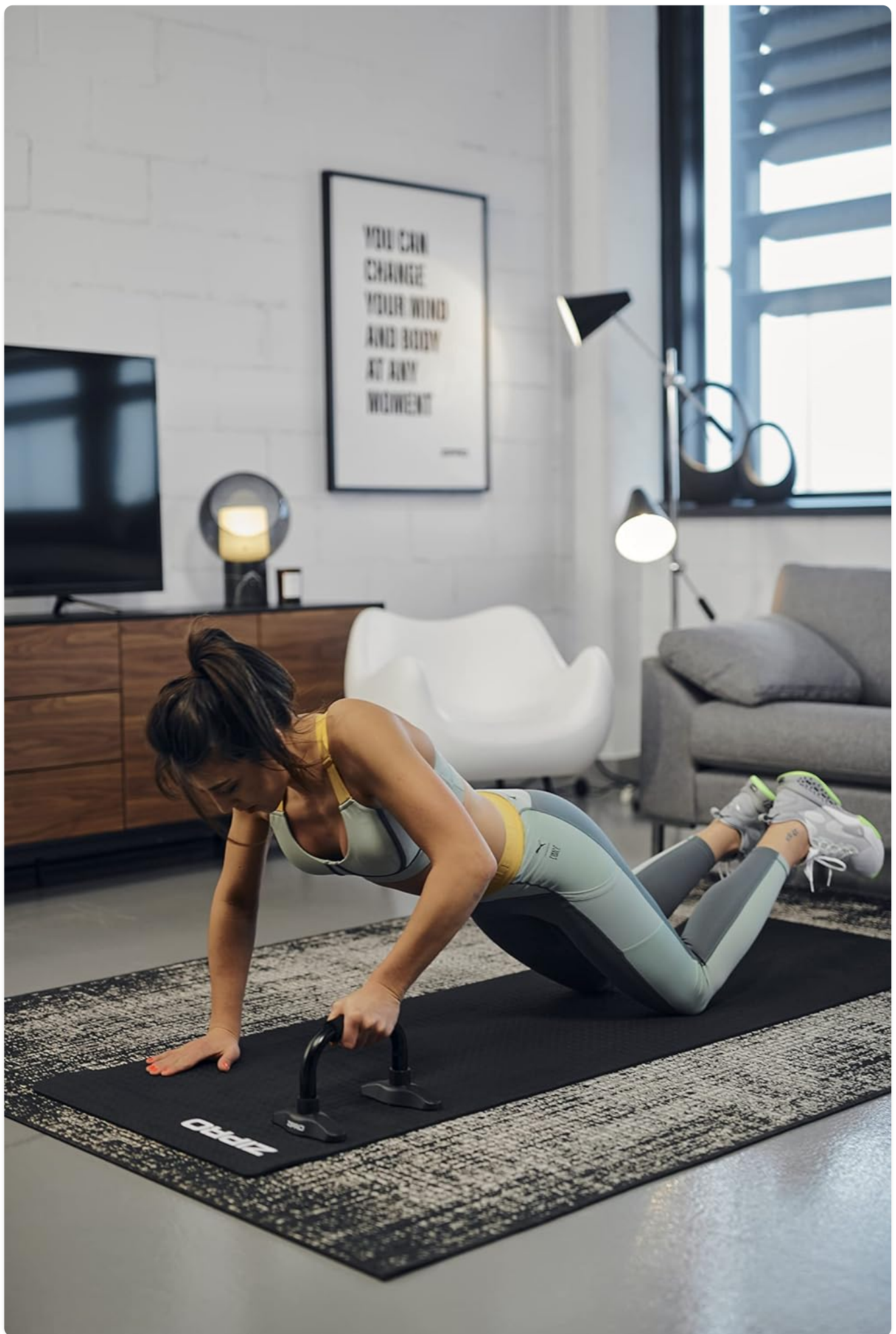


Image: Demonstration of a user performing push-ups on their knees using the handles, showing proper body alignment.

Targeted Muscles

Using the ZIPRO Push Up Handles effectively targets several key muscle groups:

- **Chest Muscles (Pectorals):** Primary muscle group engaged.
- **Shoulder Muscles (Deltoids):** Engaged during the pushing motion.
- **Triceps Muscles:** Work to extend the arms.
- **Core Muscles:** Stabilize the body throughout the exercise.

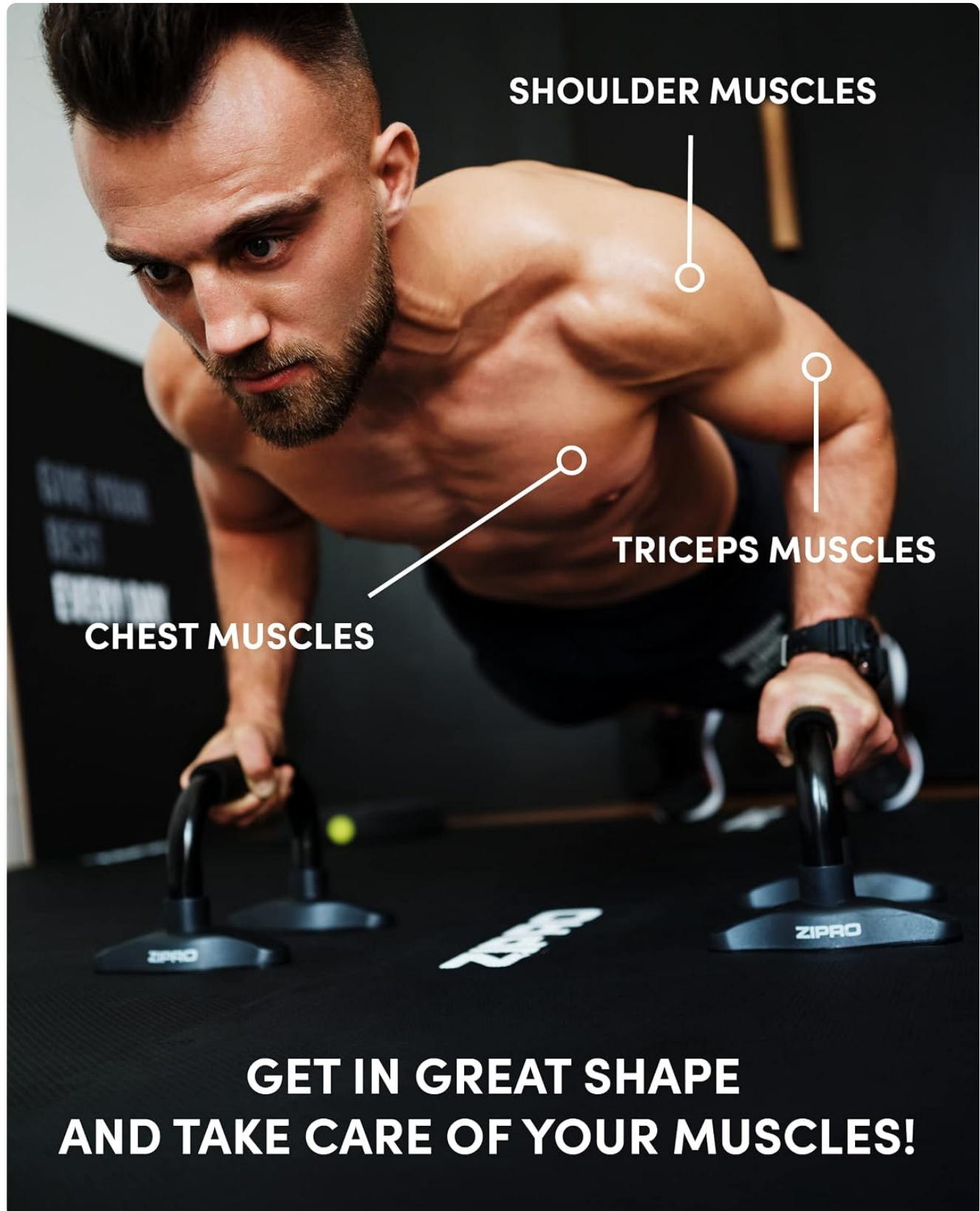


Image: Visual representation of the muscle groups activated during push-ups with the handles, including chest, shoulders, and triceps.

MAINTENANCE AND CARE

Cleaning and Storage

- **Cleaning:** Wipe the handles and bases with a damp cloth after each use to remove sweat and dirt. A mild soap solution can be used for deeper cleaning, then wipe dry. Do not use abrasive cleaners or solvents.
- **Storage:** Store the push-up handles in a cool, dry place away from direct sunlight and extreme temperatures. They can be easily disassembled for compact storage.
- **Inspection:** Periodically inspect the handles and bases for any signs of wear or damage. Discontinue use if any damage is found.

TROUBLESHOOTING

Common Issues

- **Handles feel unstable:** Ensure the handles are fully inserted into their bases. Check that the surface you are exercising on is flat and non-slippery.
- **Foam grips feel loose:** While rare, if the foam grips feel loose, ensure they are properly seated on the handle bars. If they continue to slip, contact customer support.
- **Wrist discomfort:** Ensure your wrists are straight and aligned with your forearms. Adjust your hand placement on the grips if necessary. The handles are designed to reduce wrist strain, so persistent discomfort may indicate incorrect form or an underlying issue.

SPECIFICATIONS

Brand	ZIPRO
Model Name	Push Up Handles
ASIN	B094W5X1DY
Color	Black
Size (assembled, approx.)	265 x 155 x 75 mm
Material Type	Neoprene (handles)
Weight (approx.)	950 g (Package Weight)

Included Components	2 x Push Up Handles
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WARRANTY AND SUPPORT

Warranty Information

ZIPRO products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your purchase or visit the official ZIPRO website. Keep your proof of purchase for any warranty claims.

Customer Support

If you have any questions, concerns, or require assistance with your ZIPRO Push Up Handles, please contact ZIPRO customer support through the contact information provided on the official ZIPRO website or through your retailer. Please have your product model and ASIN (B094W5X1DY) ready when contacting support.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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