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Crivit Push Up Board

Crivit Push Up Board Instruction Manual

Model: Push Up Board

1. INTRODUCTION

Thank you for choosing the Crivit Push Up Board. This multi-functional training device is designed to help you strengthen various muscle groups through targeted push-up exercises. Its color-coded system guides you to engage specific muscles, providing an intense yet wrist-friendly workout.

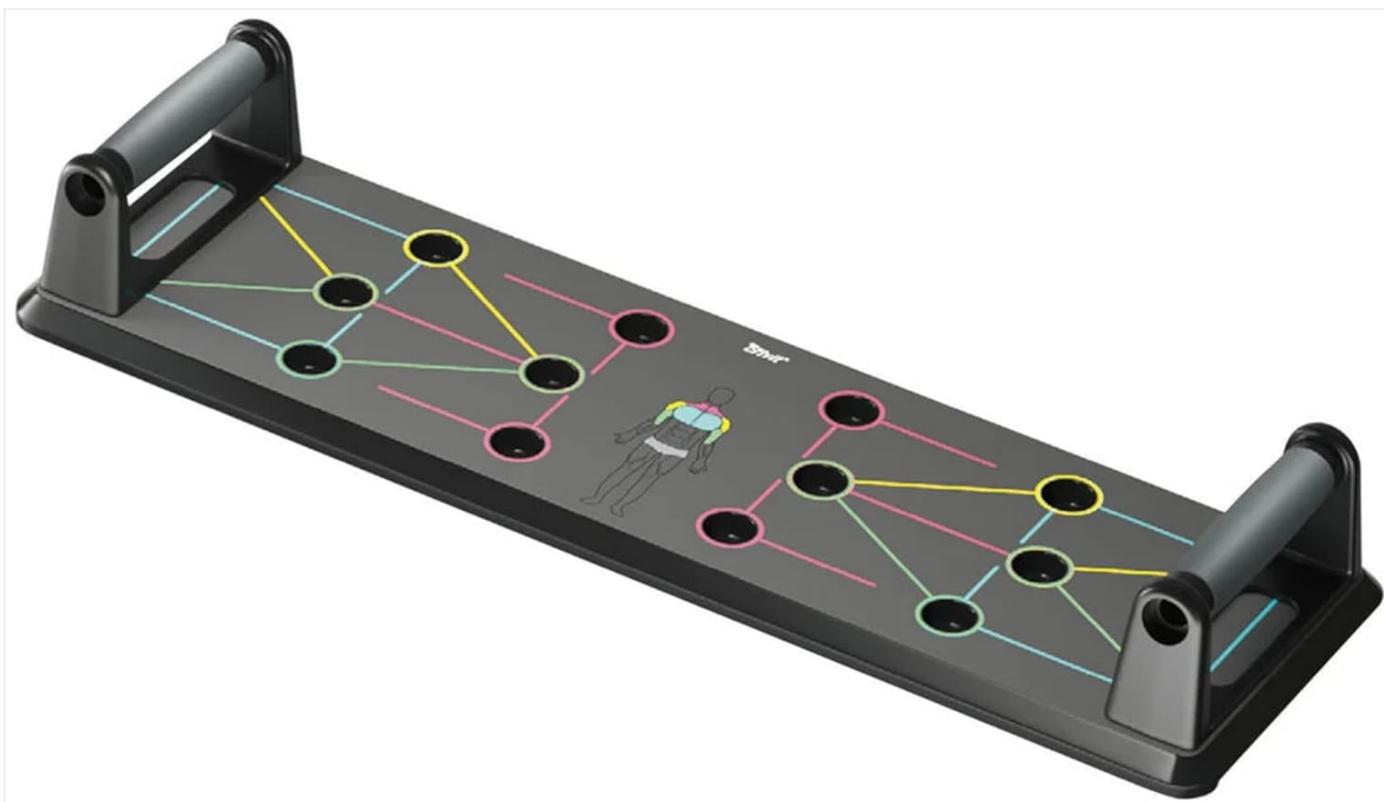


Figure 1: The Crivit Push Up Board with handles attached, showing the various color-coded positions for different muscle groups.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure the Push Up Board is placed on a stable, non-slip surface before use.

- Always ensure the handles are securely inserted into the desired slots before applying weight.
- Do not exceed the maximum user weight of 100 kg (220 lbs).
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Keep out of reach of children and pets.
- Inspect the board and handles for any damage before each use. Do not use if damaged.

3. PACKAGE CONTENTS

The Crivit Push Up Board package includes the following components:

- 1 x Crivit Push Up Board
- 2 x Push Up Handles



Figure 2: The two ergonomic push-up handles included with the board.

4. SETUP

Setting up your Crivit Push Up Board is quick and easy:

1. Unpack all components from the packaging.
2. Place the Push Up Board on a flat, stable, and non-slip surface.
3. Identify the desired color-coded slots on the board for your target muscle group (see "Operating Instructions" for details).
4. Insert the two push-up handles firmly into the chosen slots. Ensure they are fully seated and stable before use.



Figure 3: The Push Up Board with handles correctly inserted into the designated slots, ready for use.

5. OPERATING INSTRUCTIONS

The Crivit Push Up Board features 12 different positions, indicated by color-coded lines and circles, to target specific muscle groups:

- **Red Lines:** Chest muscles (Pectorals)
- **Green Lines:** Triceps
- **Yellow Lines:** Back muscles (Latissimus Dorsi)
- **Blue Lines:** Shoulder muscles (Deltoids)

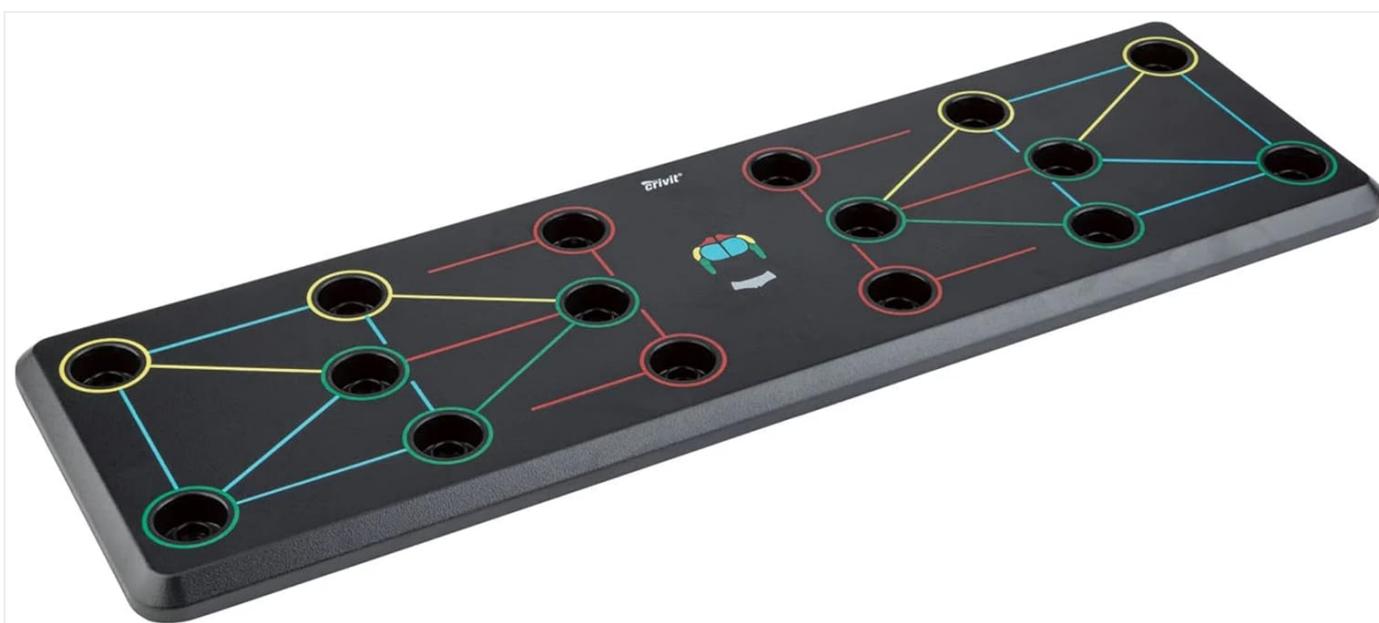


Figure 4: Close-up of the board's surface, illustrating the color-coded system for muscle targeting.

Performing Push-Ups:

1. Select the desired color-coded position for your target muscle group and insert the handles firmly.
2. Grip the handles with an overhand grip, ensuring your wrists are straight and aligned with your forearms.
3. Assume a plank position with your body straight from head to heels, engaging your core.
4. Lower your chest towards the board by bending your elbows, keeping them close to your body for triceps or wider for chest.
5. Push back up to the starting position, extending your arms fully.
6. Perform repetitions according to your fitness level.



Figure 5: Proper form for a push-up using the board, demonstrating handle placement for chest engagement.



Figure 6: Another example of a user performing a push-up, highlighting the versatility of the board.

Advanced Exercises:

The board can also be used for other bodyweight exercises, such as L-sits or dips, depending on your strength and stability.



Figure 7: An advanced user demonstrating an L-sit, utilizing the handles for support and stability.

6. MAINTENANCE

- Clean the Push Up Board and handles with a damp cloth after each use.
- Do not use abrasive cleaners or solvents, as these may damage the material.
- Store the board and handles in a cool, dry place away from direct sunlight and extreme temperatures.
- Regularly check the handles and board for any signs of wear, cracks, or damage.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Handles feel wobbly or unstable.	Handles not fully inserted into slots.	Ensure handles are pushed firmly into the chosen slots until they click or are fully seated.
Board slides during use.	Surface is too smooth or slippery.	Use the board on a non-slip surface like a yoga mat or carpet. Ensure the floor is clean and dry.
Discomfort in wrists during push-ups.	Incorrect hand position or technique.	Ensure wrists are straight and aligned with forearms. The handles are designed to reduce wrist strain compared to floor push-ups. If pain persists, consult a professional.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	Approx. 65 x 20 x 1.75 cm (L x W x H)
Weight	Approx. 1.22 kg (1220 g)
Material	Plastic, TPR
Max. User Weight	100 kg (220 lbs)
Handle Type	Plastic ergonomic handles
Number of Positions	12 (color-coded)

9. WARRANTY AND SUPPORT

This Crivit Push Up Board comes with a **Limited Warranty**. For specific details regarding warranty coverage, duration, and claims, please refer to the warranty card included with your product or contact Crivit customer support. For further assistance, technical support, or inquiries, please visit the official Crivit website or contact their customer service department. Contact information can typically be found on the product packaging or the manufacturer's website.