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## HOTWAVE hotwave429

# HOTWAVE Push Up Board Instruction Manual

Brand: HOTWAVE | Model: hotwave429

## PRODUCT OVERVIEW

The HOTWAVE Push Up Board is a versatile, all-in-one home gym system designed to maximize your upper body workout. Its innovative color-coded system allows for targeted exercise of specific muscle groups, including the chest, triceps, shoulders, and back. This portable and foldable board replaces bulky gym equipment, offering an efficient way to build strength and tone muscles with minimal space requirements. It is constructed from reinforced ABS material with anti-slip handles, ensuring stability and durability for rigorous daily workouts.

The system includes the foldable board and ergonomic grips, providing a comprehensive full-body workout experience suitable for various environments such as home, office, or while traveling.



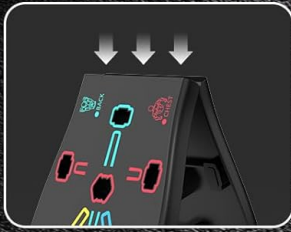
Image: The HOTWAVE Push Up Board in its unfolded state with handles inserted, alongside an individual demonstrating a push-up.

## SETUP

The HOTWAVE Push Up Board is designed for easy assembly and installation. To set up your push-up board:

1. Unfold the push-up board completely until it lies flat.
2. Identify the desired color-coded positions for your target muscle group (refer to the 'Operating' section for details).
3. Insert the ergonomic push-up handles firmly into the designated holes on the board. Ensure the handles are securely seated before beginning your workout.

# Convenient & Stable



**Foldable**  
Easy to store  
and assemble



**High Quality**  
High Quality  
Nonslip Hand



**Fit design**  
Stronger and  
more stable

**Silicone Handle**  
Comfortable feel, solve  
long-term hand fatigue

**ABS Material**  
Smooth and comfortable  
surface



Image: Detailed view highlighting the board's foldable nature, high-quality non-slip silicone handles, and durable ABS material construction.

## OPERATING INSTRUCTIONS

The HOTWAVE Push Up Board features a color-coded system to guide your hand placement for targeting specific muscle groups. Each color corresponds to a primary muscle area:

- **Red:** Chest Muscles
- **Blue:** Shoulder Muscles
- **Green:** Back Muscles
- **Yellow:** Triceps Muscles

To perform exercises:

1. Select the desired color-coded position on the board based on the muscle group you wish to target.
2. Insert the push-up handles into the corresponding holes for that color.
3. Assume a standard push-up position with your hands gripping the handles and your body in a

straight line from head to heels.

4. Lower your chest towards the board, maintaining proper form, then push back up to the starting position.
5. Repeat for desired repetitions.



Image: Visual guide illustrating the specific muscle groups targeted by each color-coded hand placement on the board.

## Product Usage Demonstration

Your browser does not support the video tag.

Video: A demonstration of how to use the HOTWAVE Push Up Board, showcasing the insertion of handles and various push-up exercises targeting different muscle groups (chest, triceps, shoulders, back) as indicated by the color-coded positions.

## Versatile Training Environments

The portable and foldable design of the HOTWAVE Push Up Board allows for effective workouts in various settings:

- **Home:** Ideal for daily workouts in your living room or dedicated home gym space.
- **Gym:** Can be used to supplement your gym routine or for specific targeted exercises.

- **Outdoor:** Lightweight and easy to transport for outdoor training sessions.
- **Office:** Compact enough for quick workouts during breaks, promoting an active lifestyle even in limited spaces.



Image: Examples of the push-up board being used in various locations, demonstrating its portability and adaptability for different workout environments.

## Benefits Over Traditional Push-ups

Using the HOTWAVE Push Up Board offers several advantages compared to traditional push-ups:

- **Target Different Muscle Groups:** The color-coded system ensures precise targeting of specific muscles.
- **Avoid Excessive Pressure on Wrists:** The ergonomic handles provide a neutral wrist position, reducing strain.
- **Correct Exercise Posture:** Guides proper form for more effective and safer workouts.
- **Various Training Methods:** Supports a wider range of push-up variations and exercises.

# Why choose us ?

## Hotwave push-up board

- ✔ Target different muscle groups
- ✔ Avoid excessive pressure on the wrists
- ✔ Correct exercise posture
- ✔ Various training methods



## Traditional push-ups

- Single exercise method ✘
- Incorrect exercise posture can easily cause strain ✘
- Increase pressure on wrists ✘
- Easy to slip and fall ✘

Image: A visual comparison illustrating the benefits of using the HOTWAVE Push Up Board, such as targeted muscle engagement and reduced wrist strain, compared to performing traditional push-ups.

## MAINTENANCE

To ensure the longevity and optimal performance of your HOTWAVE Push Up Board, follow these maintenance guidelines:

- **Cleaning:** Wipe down the board and handles with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use a mild soap solution and then wipe dry. Avoid abrasive cleaners or solvents that could damage the material.
- **Storage:** When not in use, fold the board and store it in a cool, dry place away from direct sunlight and extreme temperatures. The foldable design allows for compact storage, fitting easily into small spaces.
- **Inspection:** Periodically inspect the board and handles for any signs of wear, cracks, or damage. If any damage is found, discontinue use and contact customer support.

## TROUBLESHOOTING

If you encounter any issues with your HOTWAVE Push Up Board, consider the following common solutions:

- **Handles feel loose:** Ensure the handles are fully inserted into the designated holes. Apply firm pressure until they click into place. If they continue to feel loose, inspect the handle pegs and board holes for any obstructions or damage.
- **Board instability:** Ensure the board is fully unfolded and placed on a flat, stable surface. Uneven surfaces can cause the board to wobble.
- **Difficulty with exercises:** If you find certain exercises too challenging, start with fewer repetitions or modify your form. Consult a fitness professional for personalized guidance if needed.

For issues not covered here, please refer to the support section.

## SPECIFICATIONS

Feature	Detail
Brand	HOTWAVE
Model Number	hotwave429
Material	Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Handle Type	Comfortable, Silicone Grip
Maximum Weight Recommendation	440 Pounds
Item Weight	2 Pounds
Included Components	Push Up Board, 2 Handles
Item Package Dimensions (L x W x H)	13.39 x 8.82 x 1.85 inches

# PRODUCT INFORMATION

Easy to install | Easy to assemble | Easy to store



Image: Product dimensions and maximum weight capacity of the HOTWAVE Push Up Board.

## WARRANTY

The HOTWAVE Push Up Board comes with a **Limited Warranty**. For specific terms and conditions of the warranty, please refer to the product packaging or contact HOTWAVE customer support.

## SUPPORT

For additional support, product information, or inquiries, please visit the official HOTWAVE Store:

[Visit the HOTWAVE Store on Amazon](#)

