



## Glymnis PUS-02 Push Up Board Instruction Manual

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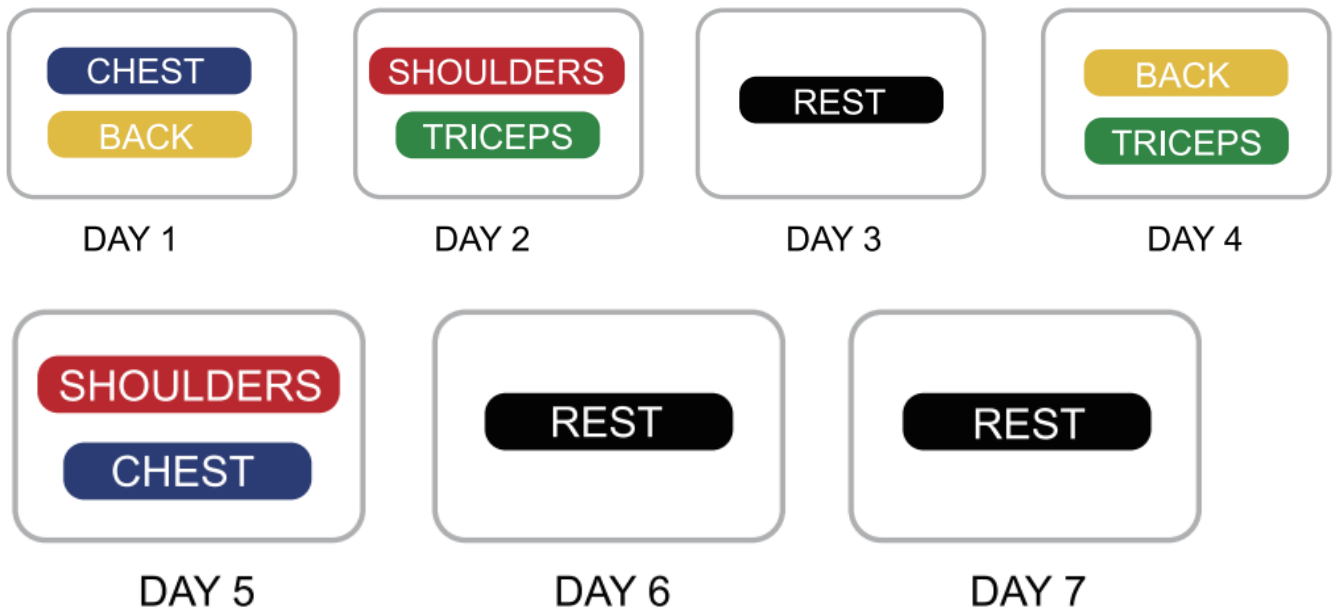


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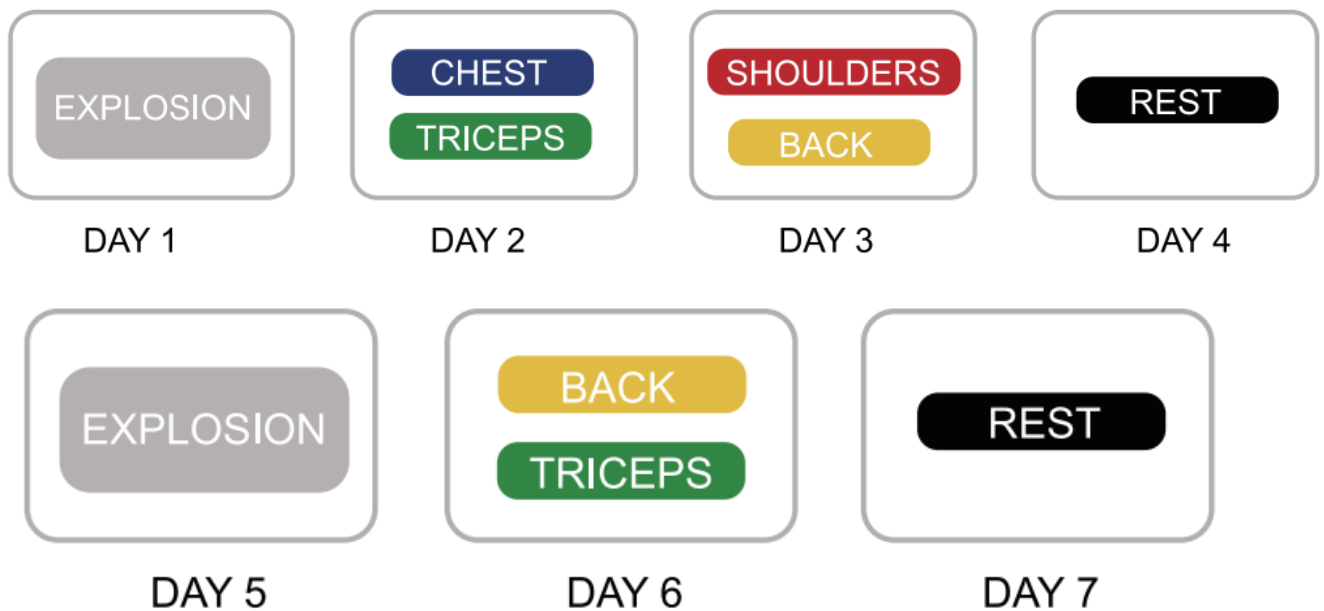
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### Workout Schedule ( 10 weeks)

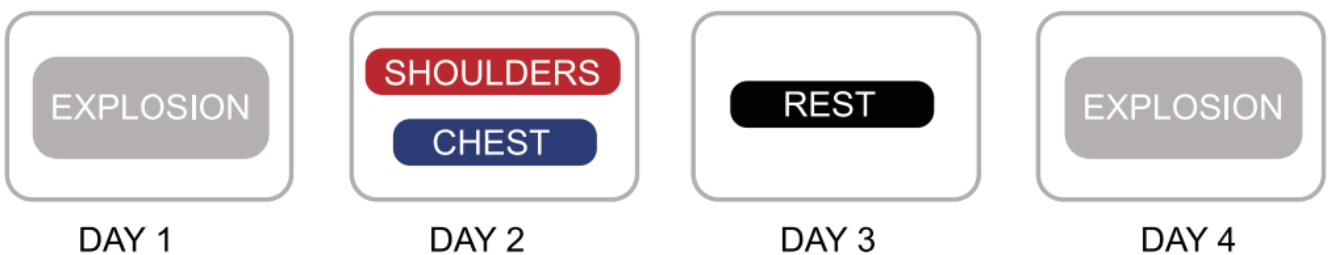
**START UP Phase (4 day workout for 3 weeks)**

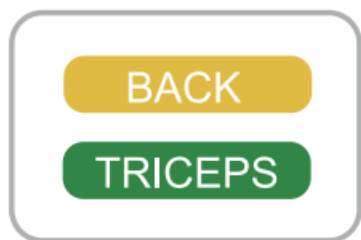


**REV UP Phase (5 day workout for 3 weeks)**



**EXPLOSION Phase (5 day workout for 4 weeks)**





DAY 5



DAY 6



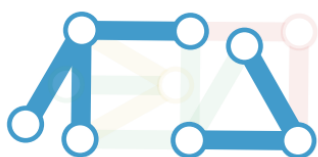
DAY 7

**Product Material:** ABS Engineering

Product Accessories: Push-Up Board \* 1; Handles \* 2, Anti-Slip Pads \* 16,

Instruction Manual \* 1

### Multifunctional Training



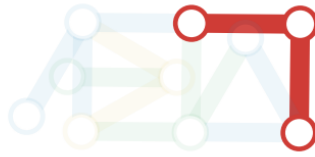
Blue

Chest Muscles



Yellow

Trapezius



Red

Shoulder Muscles



Green

Triceps

### Instructions

1. Your elbows should be flush with your shoulders, please do not place your hands near your face.
2. Sink your shoulders, do not shrug, inhale downward and exhale upwards during training.
3. Insert the handles into the desired color position to use.

### Attention

Please do not exercise without proper guidance and supervision. If you feel unwell, please consult a doctor in advance. Schedule your training at your own pace. Please make reasonable exercise duration according to your fitness level.

SKU: GMEP005961AB Product Name: Push Up Board

Model: PUS-02 Brand : Glynnis

Manufacturer: HONG KONG TORSTEN E-COMMERCE CO., LIMITED

Address : FLAT/RM 616 6/F KAM TEEM INDUSTRIAL BLDG 135 CONNAUGHT ROAD WEST SHEUNG WAN HK

### Contact Us



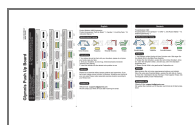
EU Importer: Lucky Transport Euro Kft  
EC REP Address: 1085 Budapest, Jozsef Central Street 69. Ground Floor, 1, Hungary  
Email: [Lsphche@outlook.com](mailto:Lsphche@outlook.com)  
UK Importer: HISOACO., LTD.  
Address: 19a Chorley Old Road, Bolton, Greater Manchester, England, BL 1 3AD  
Importer Web: [www.hisoa.co.uk](http://www.hisoa.co.uk)  
Official website: [www.glymnis.com](http://www.glymnis.com)  
Official email: [support@glymnis.com](mailto:support@glymnis.com)

Official Email : [support-uk@glymnis.com](mailto:support-uk@glymnis.com)  
We will contact you within 24 hours after receiving the email.

Logo

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## Documents / Resources



[Glymnis PUS-02 Push Up Board](#) [pdf] Instruction Manual  
PUS-02 Push Up Board, PUS-02, Push Up Board, Up Board, Board

[Manuals+](#)