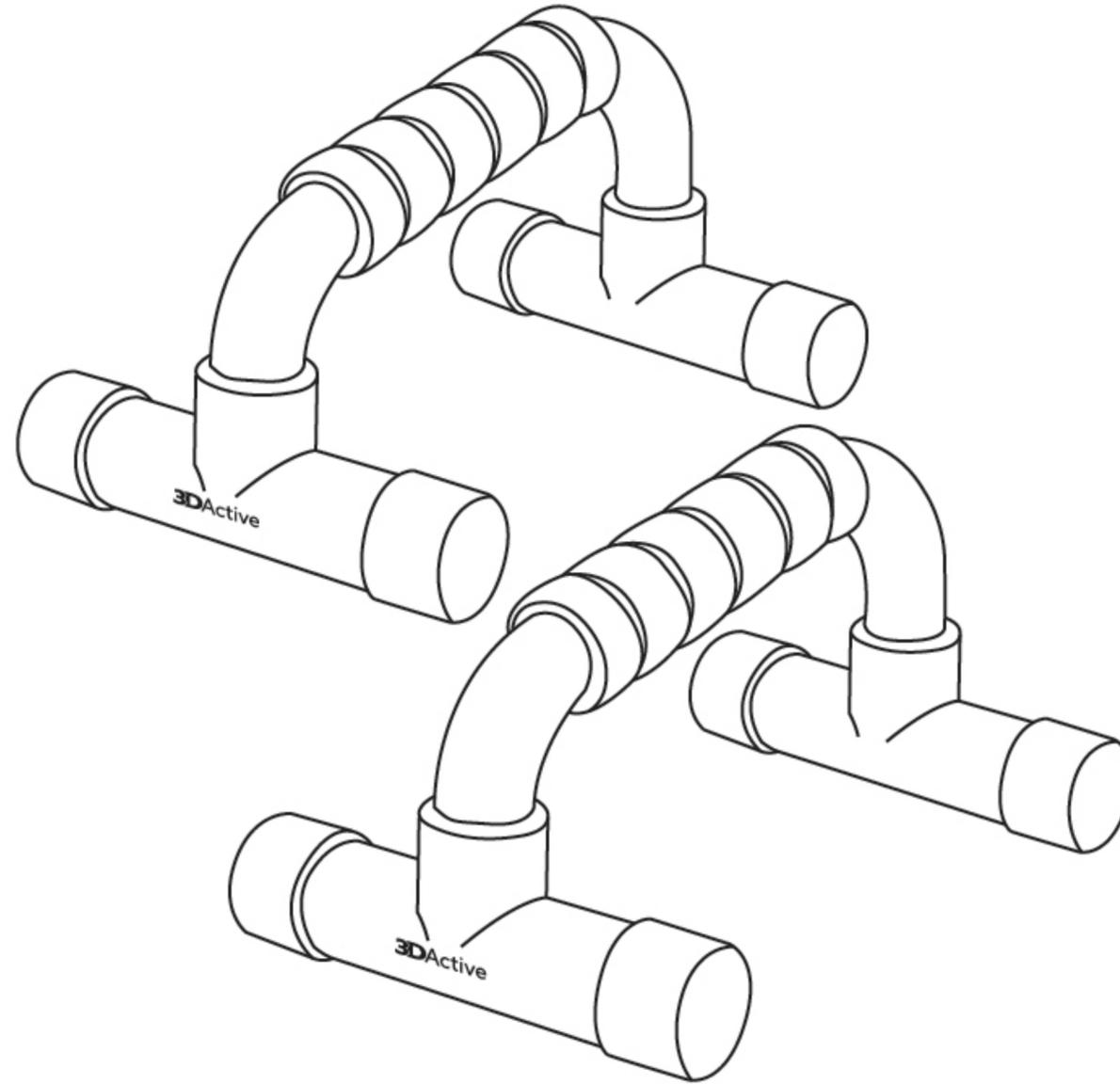


3DActive PUSH-UP HANDLES



USER GUIDE

3DACTIVE.COM

THANK YOU FOR CHOOSING
3DActive

This guide is available for download at: www.3dactive.com/guides

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GENERAL INFORMATION

This user guide contains important information on how to use your push-up handles safely. Please read through this entire user guide before using your push-up handles.

Keep this user guide in a safe place after reading. Do not lend your push-up handles to third parties without this user guide.

As the seller, 3DActive will not accept any liability for damages, injuries, or accidents that might result of or be caused by use of your push-up handles.

To assure the correct use of your push-up handles, safety instructions should always be followed, including the warnings and cautions listed in this user guide using the symbols below.

SAFETY SYMBOLS USED IN THIS USER GUIDE	
 WARNING	This symbol represents potentially hazardous situations which, if not avoided, may lead to serious injury or death.
 CAUTION	This symbol represents potentially hazardous situations which, if not avoided, may lead to minor or moderate injuries, damage to the product or other property.

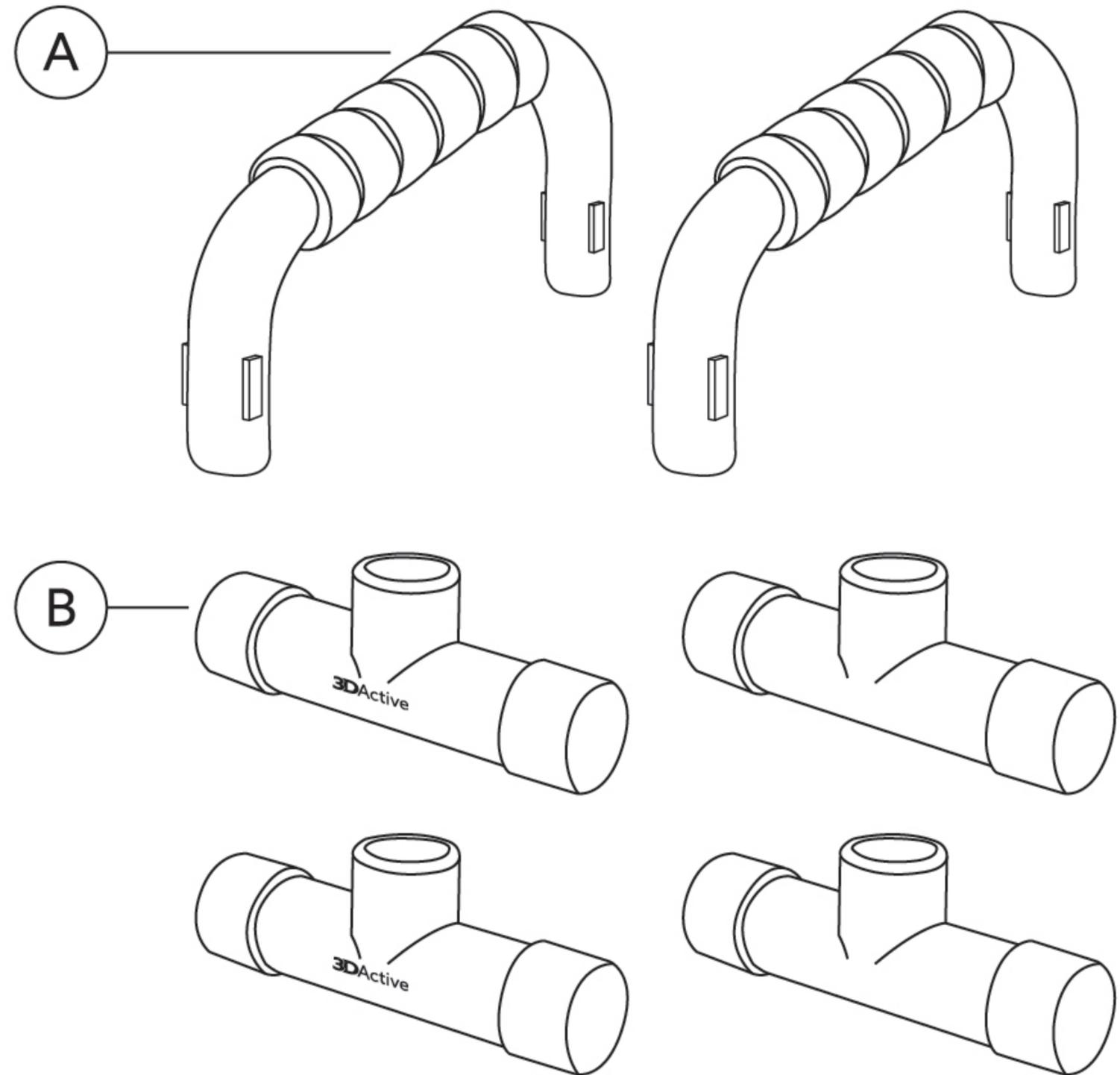
PUSH-UP HANDLES PARTS & FIRST USE

A 2 x Handles

B 4 x Handle Supports

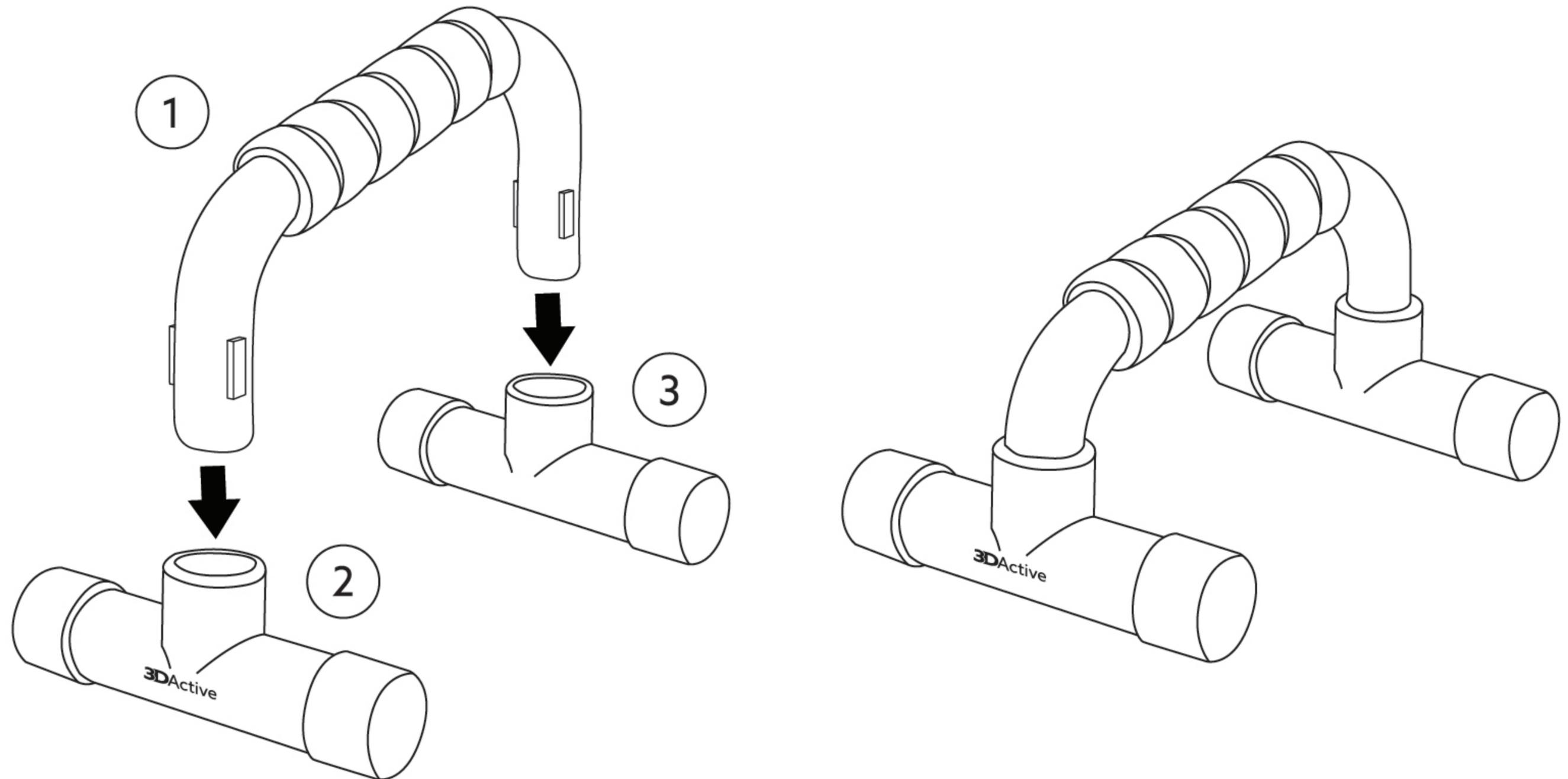
Inspect each push-up handle part for any signs of damage. Do not use the push-up handles if they show signs of damage.

If any part has arrived damaged or is missing, please reach out to our support team (page 7) so we can make it right.



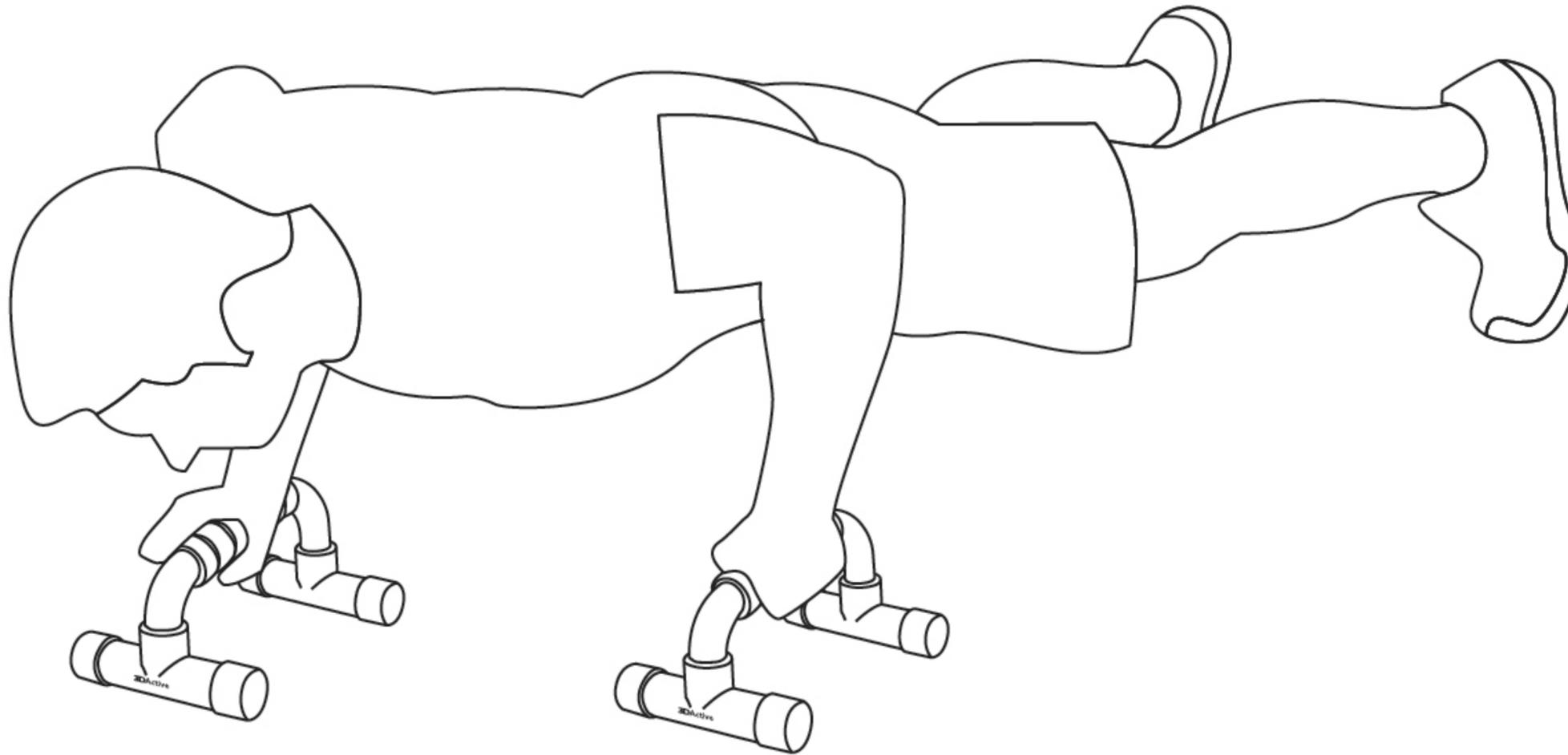
HOW TO ASSEMBLE YOUR 3DACTIVE PUSH-UP HANDLES

Insert a handle (1) into one of the handle supports (2), repeat for the second handle support (3). The protrusions on the sides of each handle should match up with the brackets inside each handle support.



HOW TO USE YOUR 3DACTIVE PUSH-UP HANDLES

Place your push-up handles shoulder-width apart. Grip each handle and lean on them with both hands, stand on your toes, and extend your arms. Bend your arms and lower your body down without touching the floor, then extend your arms again and hold the position for a few seconds. Repeat according to your workout plan.



IMPORTANT SAFETY INFORMATION

-  Improper use of the push-up handles can lead to injury. Be sure to consult a Doctor to determine any health risks prior to using the push-up handles or attempting exercises with them.
-  Improper form or excessive training can be a danger to your health. If you experience any discomfort, pain, dizziness, or shortness of breath while working out, stop all activity immediately and consult a Doctor.
-  The push-up handles can support up to 100kg/220lbs of weight. Exceeding this can lead to injury.
-  Always use the push-up handles in a spacious area, away from stairs or landings, on firm, level, and non-slip surfaces.
-  Before each use check the push-up handles for any signs of damage. Do not use if damaged.

CARE INSTRUCTIONS



Do not use aggressive or abrasive cleaning agents, brushes with metal or nylon bristles, or sharp objects to clean the push-up handles.



Wipe the push-up handles with a damp cloth and dry completely before storing them away.

NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

www.3dactive.com/support



EMAIL US

support@3dactive.com



CALL US

US +1 (855) 789 9777 - Mon-Fri 9am-5pm (Pacific Time)

UK +44 808 178 4009 - Mon-Fri 4pm-12am (GMT)

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3DActive Push-Up Handles

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