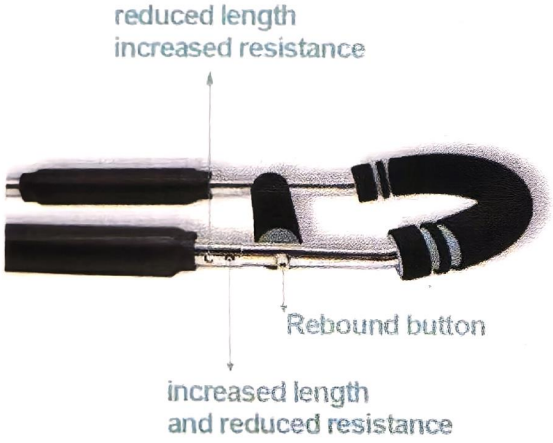
MULTI FUNCTIONAL ARM MUSCLE TRAINING MACHINE

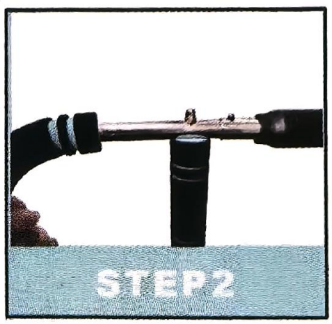
【INSTALLATION】

Level : 60-100LBS





Hold the handle and spring tube with both hands, press the button on the handle with the thumb, and insert the handle into the spring tube.



Insert the handle into the spring tube, select the appropriate length, and release the button completely from the hole.



Align and install the handle on the other side using the same method.



Finally, confirm that all four buttons have fully popped up and are securely installed.

【Warning】

1. Before use, please confirm whether the elastic band and all accessories are intact and not broken. And ensure that the buckle ab roller is securely installed.
2. Please do warm-up exercises before exercising to avoid muscle sprains or strains during the exercise process.
3. Please use sports equipment correctly during exercise to avoid sports injuries.
4. Avoid prolonged and intense exercise. If you feel unwell during exercise, please stop training immediately.
5. Please place the product out of reach of children and pets to prevent accidental injury.
6. The product should be placed on a sturdy and flat ground for use.

MULTI FUNCTIONAL ARM MUSCLE TRAINING MACHINE

【PRODUCT INTRODUCTION】

Color: blue Black

Material: steel pipe, spring,NBR foam

Purpose: muscle exercise

* Removable design, easy to carry.
* High carbon steel pipe, sturdy and durable.
* Fashionable appearance, energetic fitness.



【USAGE METHOD】 Multi directional exercise



*Arm muscle *wrist strength exercise *chest muscle *back muscle *leg muscle