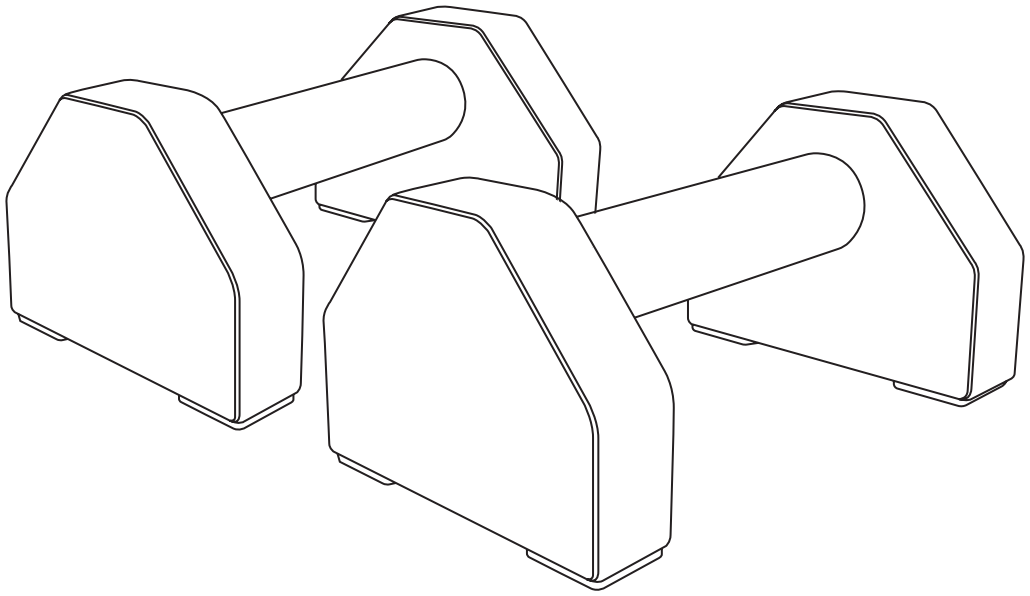
GORILLA SPORTS

WOODEN PUSH UP HANDLES
INCL. BAG



101307

GORILLA SPORTS

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General information

Please ensure that everyone using the product has read and understood the assembly and user instructions. These instructions should be considered part of the product and kept in a safe place for easy reference when needed. Be sure to follow the safety and maintenance instructions precisely. Any deviation from these instructions may result in health risks, accidents, or damage to the device, for which the manufacturer and distributor will not be held liable.

Personal safety

Before you start using the product, you should consult your doctor to determine if the training is suitable for you from a health perspective. This is particularly important for individuals with a hereditary predisposition to high blood pressure or heart conditions, smokers, those with high cholesterol levels, those who are overweight, and/or those who have not exercised regularly in the past year. If you are undergoing medical treatment that affects your heart rate, seeking medical advice is absolutely necessary. Please also note that excessive training can seriously endanger your health. If you experience any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms during training, we ask that you stop immediately and, in case of emergency, seek medical assistance.

General Usage Instructions

Exercise equipment is not a toy. The push-up handles should only be used by one person at a time. They should only be used as intended and by properly informed and instructed individuals. Children and disabled persons should only use the push-up handles in the presence of another person who can provide assistance and guidance. The use of the equipment by unsupervised children should be prevented through appropriate measures.

Please wear training clothing and shoes that are suitable for fitness training. The clothing should be designed in such a way that it cannot get caught during training. Training shoes should provide firm support for the foot and have a non-slip sole.

Assembly

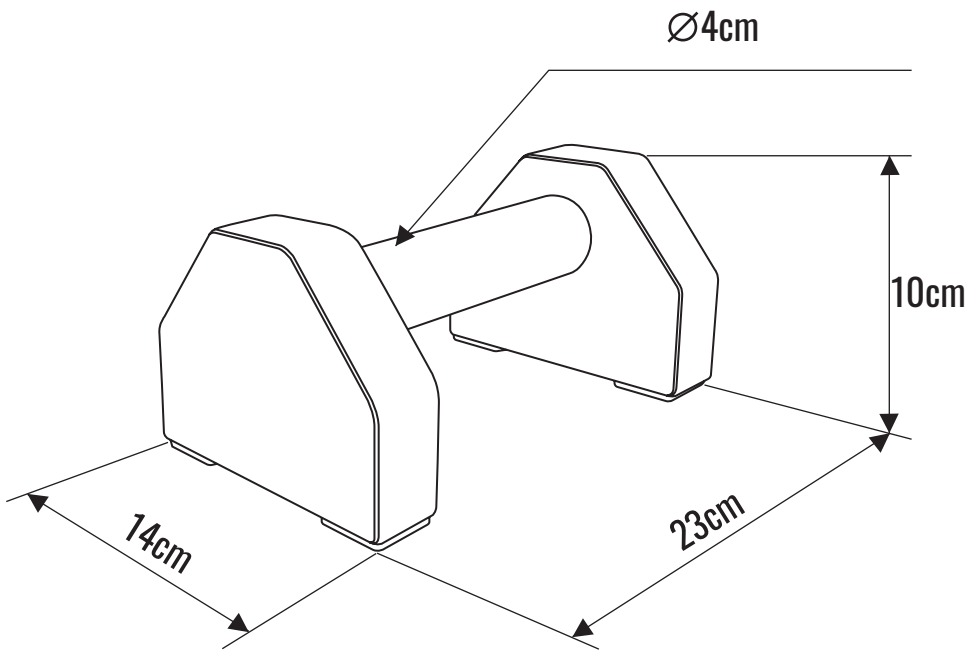
The product comes pre-assembled. Please ensure that all parts are securely tightened. Before the first use and at regular intervals, check that all screws, nuts, and other connections are secure.

Location

Place the equipment on a level, stable, and dry surface. Any unevenness can be compensated for with adjustable parts of the equipment if available. To protect sensitive surfaces from pressure marks and dirt, we recommend placing a protective mat underneath. Additionally, remove all objects within the necessary training radius before starting your workout. Using the equipment outdoors or in areas with high humidity is not permitted.

TECHNICAL DATA OVERVIEW

NOTE: The product comes pre-assembled. Please ensure that all parts are securely tightened.



Max. load capacity: 300 kg per handle

Cleaning

Please use only a slightly damp cloth for cleaning. Caution! Never use gasoline, thinner, or other aggressive cleaning agents for surface cleaning, as they can cause damage. This equipment is intended for private home use and indoor use only. Keep the equipment clean and away from moisture. Damage caused by body sweat or other liquids is not covered under warranty.

Maintenance

To ensure the longevity of the product, we recommend regularly checking for any damage. Clean the product as needed with a slightly damp cloth. Avoid using aggressive cleaning agents to prevent damage to the wood.

Disposal

Please dispose of packaging materials in an environmentally friendly manner. Use designated collection containers or drop them off at appropriate collection points. Follow current waste disposal regulations.

WARRANTY TERMS

The warranty period is 24 months and applies to new goods upon first purchase, starting from the invoice or delivery date. During the warranty period, any defects will be rectified free of charge. If a defect is detected, you are obligated to report it to the manufacturer immediately. It is at the manufacturer's discretion to fulfill the warranty through the shipment of replacement parts or an exchange. In the case of replacement parts being shipped, the warranty remains valid. On-site repairs are excluded. Equipment intended for home use is not suitable for commercial or industrial use. Any misuse in this regard will result in a shortening or loss of the warranty.

The warranty covers only material or manufacturing defects. It does not cover wear parts or damage caused by abusive or improper handling, use of force, or interventions made without prior consultation with our service department. Please keep the original packaging, if possible, for the duration of the warranty period to protect the goods in the event of a return. Do not send goods to our address without prepaid shipping. Making use of the warranty services does not extend the warranty period. Claims for compensation for damages that may occur outside of the equipment (unless liability is mandatory by law) are excluded.

Manufacturer:

Gorilla Sports GmbH
Nordring 80
64521 Groß-Gerau

Here you can find an overview of our international partners:
www.gorillasports.eu.

Training preparations

Before you start training, both the equipment and your body should be in perfect condition. If you haven't done strength or endurance training for a long time, you should definitely consult your doctor and have a fitness check-up before starting your training. Discuss your training goals with your doctor; they can surely provide valuable tips and information. This is especially important for people over 35 years old, those who are overweight, and/or those with cardiovascular problems.

Training planning

The key to effective, goal-oriented, and motivating training is forward-thinking training planning. Incorporate your fitness training as a fixed part of your daily routine. Unplanned training can quickly become a disruption or be postponed indefinitely for other tasks. Plan your training schedule as long-term as possible, spanning months rather than just days or weeks. Training planning also includes ensuring adequate motivation during training. Music is ideal for this. Also, set training rewards for yourself. Set realistic goals, such as losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks. When you reach your goals, reward yourself, for example, with a meal you've previously avoided.

Warm-Up Before Training

Always perform a warm-up before each training session. Warm up your body by training for 5-7 minutes with low intensity using a jump rope, cross-trainer, or a similar device. This prepares you optimally for the upcoming workout.

Cool-Down After Training

Never stop training immediately after completing your main workout program. Allow your training to wind down, similar to the warm-up phase, with 5-7 minutes of low-intensity exercise on a home trainer, cross-trainer, etc. Afterward, be sure to stretch your muscles well.

Front Thigh Muscles



Support yourself with your right hand against a wall or your training equipment. Lift your left foot backward and hold it with your left hand. Your knee should point straight down. Pull your thigh back until you feel a slight pull in the muscle. Hold this stretch for 15 to 20 seconds. Slowly release your foot and lower your leg back down. Repeat this exercise with your right leg.

Leg and Lower Back Muscles



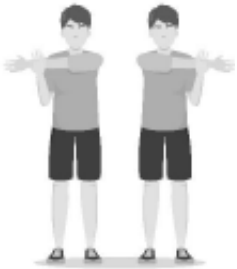
Sit on the floor with your legs extended. Try to reach your toes with both hands by stretching your arms and leaning your upper body slightly forward. Hold this position for 15 to 20 seconds. Release your toes and slowly and evenly straighten your upper body.

Triceps and shoulder



Reach behind your head with your left hand to touch your right shoulder and pull your left elbow with your right hand until you feel a slight stretch. Hold this position for 15 to 20 seconds. Repeat this exercise with your right hand.

Upper body



Extend your left arm at shoulder height across your right arm and pull your left upper arm with your right hand until you feel a slight stretch. Hold this position for 15 to 20 seconds. Repeat this exercise with your right hand.

Hydration

Adequate hydration before and during training is essential. During a 60-minute training session, you can lose up to 0.5 liters of fluid. To compensate for this fluid loss, apple spritzer mixed with one-third apple juice and two-thirds mineral water is ideal, as it contains all the electrolytes and minerals that the body loses through sweat. Drink about 330 ml 30 minutes before your training session. Ensure balanced hydration during training.

Training Frequency

Experts recommend doing endurance or strength training 3 to 4 days a week. You will certainly reach your training goal faster the more frequently you train. However, make sure to plan sufficient rest periods in your training schedule to allow your body enough time for recovery and regeneration. After each training session, you should take at least one day off.

NOTES

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