

DESCRIPTION

Foldable push-up board with a pair of included push-up handles. Differentiated coloring for various muscle groups: chest, shoulders, triceps, and back. Thanks to the various handle positions and configurations, the push-up board is suitable for a multitude of exercises and accommodates individuals of different heights, structures, and weights. It can be used safely due to non-slip rubber grips and sturdy handle locks. Compact and easily transportable with reduced dimensions.

VERSATILE: the push-up board offers a wide range of handle positions and configurations to target various muscle groups, including chest, shoulders, triceps, and back, allowing you to customize your workout based on your fitness level.

SAFE: equipped with non-slip rubber feet and sturdy handle locks, the push-up board ensures stability and safety during workouts, reducing the risk of slips, injuries, and awkward movements.

PORTABLE: with its compact design and lightweight construction, the push-up board is easily portable, allowing you to exercise wherever you prefer, at home, in the gym, or while traveling or on vacation.

ADAPTABLE: the push-up board is suitable for users of any height, body type, and weight, offering a personalized and comfortable workout experience for every individual.

QUALITY: made with high-quality materials and built to withstand intensive use, the push-up board is designed to last, ensuring reliable performance and lasting results for users.



TECHNICAL SPECIFICATIONS.

Color **Black**

STRENGTHS