



**Improper use may result in serious injury and/or death.**

**Use only as intended and as outlined in the following manual.**

**Thank you for your purchase of the PUSH-UP PR!** Should you have any questions regarding the PUSH-UP PR, please contact our customer service department at support@pushuppr.com.

Please double check that product is not damaged in any way when removing from packaging and before each use. The polyurethane roller should be one solid piece without any cracks or splits. The stainless steel bar should be straight without any bends, cuts, or holes.

The PUSH-UP PR is not meant to support your entire body weight. Use only when performing push-ups, planks, or other movements where either your hands or feet are grounded. Do not attempt to use this device as a typical balance board. Do not stand on the device at any time, nor attempt handstand push-ups.

This equipment is not intended for use by children. Maximum user weight is 400 pounds or 182 kilograms.

The PUSH-UP PR comes with a lifetime warranty for the stainless steel bar and the polyurethane roller under normal use. Grips, plugs, and other accessories come with a 2-year warranty for personal use and 1-year warranty for commercial use.

**HOW TO USE:**

Before using this product, make sure you are dressed appropriately with no loose-fitting clothing or any hanging jewelry or necklaces. Be sure you have an open floor space with several feet of room around you. Please keep children and pets away while in use, and only one person at a time should use the device.

Make sure you undergo a proper warm-up before using the PUSH-UP PR. Consult your physician before beginning any exercise program.

1. Place the roller on a flat, dry surface with it positioned so that it can roll side to side. Carpet is recommended for beginners as it will reduce the amount of roll.

2. Adjust the grips on the steel bar so that they are approximately shoulder width apart.

3. Place the bar across the roller.

4. While on your knees, grab the bar by the grips and position it so that the middle of the bar balances on the roller.

5. Once under control, bring your knees off the ground and hold a plank position. Position your feet wider if you are a beginner, narrower as you become more comfortable and in control.

6. Once you can successfully hold a plank position for 30 seconds, you may attempt a push-up by lowering your chest to the bar and then pushing back up to the starting position. Beginners can attempt push-ups from their knees.

7. As you become better at push-ups on the PUSH-UP PR, you can begin to experiment with changing hand placement and allowing the roller to move back and forth for more challenging push-ups.

Tips: Make sure your shoulders are positioned directly over the bar when using, otherwise the roller may ‘flip’ forward during use. Keep elbows pointed backwards – not straight out to the side. Beginners should work up to 10 unbroken push-ups from their knees before moving on to full push-ups.

