



Suggested Usage:

Double Squat Push

Beginners: Up to 5 Reps

Intermediate: Up to 7 Reps

Advanced: Up to 10 Reps

Instructions:

Sit on a seat, place feet on the foot boards and push the legs out hold a moment at the max stretch, then release the stretch slowly. Repeat the cycle.

Functions:

Train abdomen and lower body joints, enhance their flexibility, leg power and the cardiopulmonary function.

Attention:

Act slowly so as not to create impact between parts. One seat for one person only.

Warning:

If you are in any doubt whatsoever about performing physical exercise, please consult a Doctor prior to doing so. Stop using the equipment immediately should you feel any discomfort at all. This equipment is intended for use by adults and youths with a height greater than 1400 mm BS EN 16630 : 2015

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