

OUR TIPS

- 1** Compared to some exercises on the floor, such as push-ups or handstands, exercises on the Push Up Bars put less stress on the wrists. Nevertheless, make sure to do a sufficient warm up before your workout.
- 2** Thanks to the increased range of motion due to the height of the Push Up Bars, you can build more strength, mobility and musculature in your workout.
- 3** For space-saving transport, place the Push Up Bars inside each other as they are delivered. This way you can take them everywhere with you.
- 4** For more tips and inspiration for your workout, visit <https://www.gornation.com/pages/your-pushup-bars>

