

Guide to Use of Multifunctional Combination Trainer

Specific muscle movements by color! By inserting hand grips according to color, you can exercise shoulder muscles, chest muscles, triceps muscles and all parts of the spine.

Easy to use

Just insert the handle to the desired position and it will be over! Simply change where you want to exercise.

Strong handle

The handle made of PP/ABS composite plastic can prevent slip without worrying about sweat.

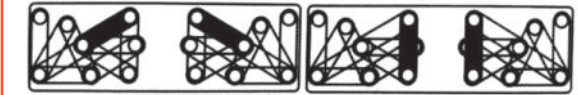
Reinforcing plate body

The lower part is reinforced with a maximum load of about 100kg.



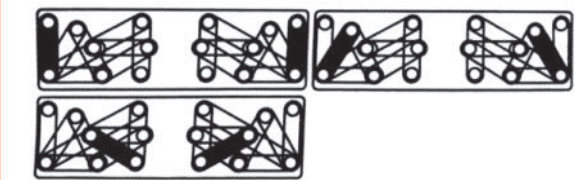
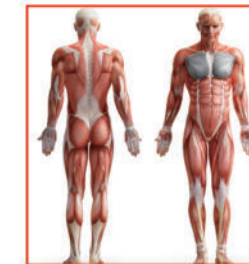
1.Red Line-Shoulder Movement

The shoulder effectively forms upper body muscles and provides multiple effective positions and angles for shoulder muscle transportation.



2.Green Line-Triceps Movement

Provides movements at multiple positions and angles to effectively form peptide triceps muscles.



3.Yellow Line-trapezius muscle movement

Provide multiple positions and angles of movement to effectively form a strong spine.

The combination trainer is the most representative unarmed exercise with effective chest and shoulder development, and beginners can also exercise easily and safely.



START UP Phase (4 day workout for 3 weeks)

BACK	SHOULDERS TRICEPS	REST	BACK TRICEPS	SHOULDERS	REST	REST
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

REV UP Phase (5 day workout for 3 weeks)

POWER PRESS EXPLOSION	TRICEPS	SHOULDERS BACK	REST	POWER PRESS EXPLOSION	BACK TRICEPS	REST
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

EXPLOSION Phase (5 day workout for 4 weeks)

POWER PRESS EXPLOSION	SHOULDERS	REST	POWER PRESS EXPLOSION	BACK TRICEPS	POWER PRESS EXPLOSION	REST
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7