Push-Up Bars

Assembly Instructions

Step 1:
Each Push-Up Bars consists of (1) curved hand bar, (2) straight legs, and (2) hand screws.

Step 2:
Insert (1) leg into each end of hand bar and align screw holes.

NOTE! Legs are positioned perpendicular to hand bar.

Step 3:
Insert (1) hand screw into each of the screw holes located at the lower, inside portion of each side of the bar and hand tighten.

Step 4:
Before each exercise session, grasp top of each Push-Up Bars and apply direct downward pressure. Tighten hand screws if any bar instability is noted.

Consult your physician before beginning any type of exercise program.
Assembly Instructions

Push-Up Bars

Call our toll-free number or visit our website for more information on SPRI products or to receive your SPRI catalog.

SPRI Products
1769 Northwind Blvd. Libertyville, IL 60048
800-222-7774 - www.spri.com

SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

SPRI. The leading manufacturer and distributor of health, fitness and wellness exercise products

SPRI Products, Inc. Libertyville, Illinois 60048
SPRI is a registered trademark of SPRI Products, Inc.
©2011 SPRI Products

PL-PUB-C / v.2009