

# FORTIS

**Rotating Push Up Grips**

**FSPSHUPSTNA**

**USER MANUAL**



## **Rotating Push Up Grips** **The Ultimate Upper Body Workout!**

- Heavy Duty, Lightweight & Portable
- Professional Quality – Built to Last
- Supports Up to 180kg (approx 400lb) per pair

The Fortis Rotating Push Up Grips allow your arms and shoulders to move naturally as you extend and retract your arms. More muscles are targeted more effectively, while strain on your wrists and joints is reduced.

Strengthen and tone your chest, shoulders, arms, back and abs ... fast!

It's the ultimate upper body workout!

Rotating Push Up Grips are portable and work on any floor surface - great for home, office and travel.

A must for anyone who is serious about getting in shape.

### **Strengthens & Tones:**

- \ Chest
- \ Arms
- \ Shoulders
- \ Back
- \ Abs
- \ And More

## **How to use the Rotating Push Up Grips**

1. Kneel down on the ground while holding a grip in each hand. Lean forward and place the grips flat on the ground at your shoulders width apart, with the handles pointing directly forward.
2. Slowly lower yourself down, rotating the grips to turn inwards as you move downwards. By the time you are fully lowered, the grips should be pointing sideways to your body.
3. Raise yourself back up until your arms are straight out in front of your body, with the handles pointing directly forward again.
4. Repeat steps 2 and 3 until you have reached your target number of pushups.

**NOTES:** Please be sure to stretch and warm up your muscles prior to performing intense workout activities. At the end of your workout, stretch your muscles again to assist in the warm down.

When first using this product, please start out only performing pushups while resting on your knees until your body becomes accustomed to the activity.

Once you have become accustomed to the workout and are performing pushups comfortably, you may move from kneeling pushups to performing them balanced on the ends of your toes for more of a workout.