

## 9 in 1 Push Up Board Yoga Bands Fitness Workout Train Gym Exercise Pushup Stand

RRP: \$84.95

Whether you're a weekend warrior or a serious athlete, you need to add this nine-in-one push-up board by Randy & Travis Machinery to your home gym. Small and easy to store, it provides a wealth of workouts in a single piece of equipment. Along with the board, tension bands with easy-grip silicone handles make it easy to customise your workout for the muscle group you want to work. A complimentary fitness program – created by professional coaches – provides you with a training schedule that can take you from beginner to perfectly fit in a step-by-step regimen.

This push-up board is as easy to use as it is versatile. Simply unplug the connectors from their default position and plug them into the position you need for each exercise. With heavy-duty plug-ins and snap-fit joints, the connectors will lock into place, giving you confidence that nothing will slip as you go through your workout. Anti-slip handgrips pile on the safety factors. Perfect for cross-training for practically any sport – or just to keep you in shape – this is a must-have for anyone who enjoys being in optimum health. Order yours today!

### Features and specifications:

- Material: Silicone (hand grip) and ABS (board)
- Colour: Multicolour
- Dimensions: 60 x 18 x 2 cm (L x W x H)
- Weight: 1.15kg
- Accessories: Professional-grade fitness program with a training schedule and tension band
- Nine different connection possibilities for a varied workout
- Two anti-slip, cushioned handles ensure a firm grip as you run through your routine.
- Double locking feature utilises heavy-duty plug-ins and snap-fit joints to ensure a safe, secure workout
- Colour-coded board to target specific muscle groups: blue for chest muscles, red for shoulder workouts, yellow for your back, and green for triceps exercises
- Easy to assemble, clean, and store

