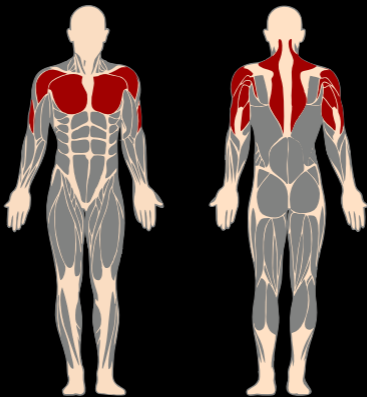


IVE

SHOULDER PRESS



MUSCLES TRAINED

SHOULDERS / BICEPS / TRICEPS / FOREARMS

Before you start the training, do a warm-up.

Before you use the device, set the appropriate weight on it - suited to your abilities.

The discs on top weigh 10 kg.

The discs on the bottom weigh 5kg.

If you notice any faults in the device, stop training and contact the service.

Do not let children use this device.

Teenagers should only use the device under adult supervision.

Keep all people at a safe distance from the machine during your training.

Before you start training, you should consult a doctor in order to monitor your health.

Maximum user weight 200 kg.

SCAN QR
EXERCISES



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