

## PUSH-UP TRAINER - Exercise Instruction

Code – MD-FS-022



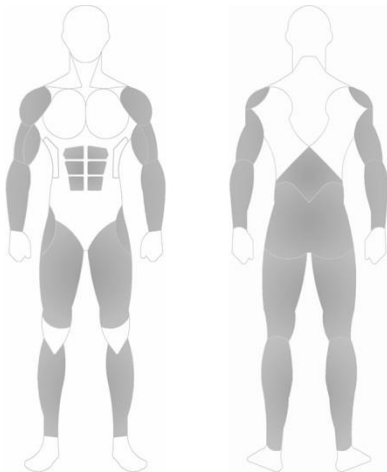
### Function

- Improves arms and legs muscles and backside.
- Improves motion coordination

### Instruction

Stand on the lower rails and grab the side rails. Bend your body forward while bending your arms in a manner that simulates push-ups.

### Muscles Trained



### Safety Zone

