

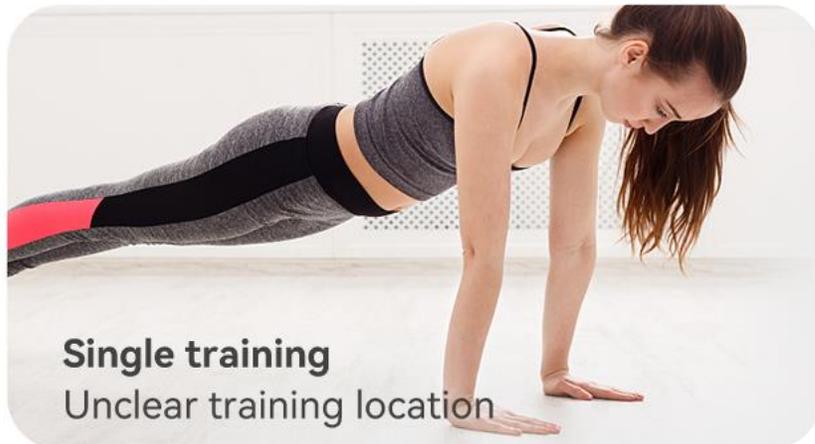


SMART PUSH-UP & PLANK TRAINER

Movement guide lines | Multi-muscle training
Distance Measuring | Accurate Timing and Counting

SAY GOODBYE TO INJURIES CAUSED BY UNARMED SPORTS

Bare handed training is prone to damage due to high pressure





SMART VOICE BROADCAST

Scientific training makes sports more efficient

Smart voice , Coordinated movement

Science guide , Efficient Fat Loss

CORRESPONDING GUIDE LINE TRAINING IS MORE SCIENTIFIC

Training four major muscle areas

No need for private education, easy to get started, correct movement posture according to guide lines, both standard and efficient



* Different colored guide lines correspond to training different muscles in different parts of the body

SCIENTIFIC TRAINING FOR FOUR BODY PARTS

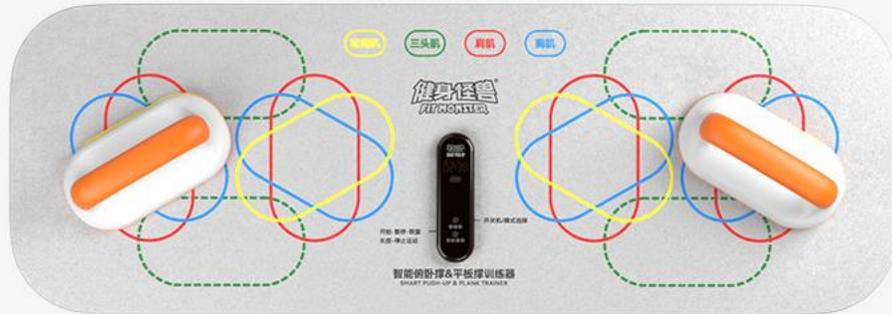
Professional coaching for arms, chest, back, Stimulates muscles, corrects posture, reduces injuries



Yellow guide line
for Back training



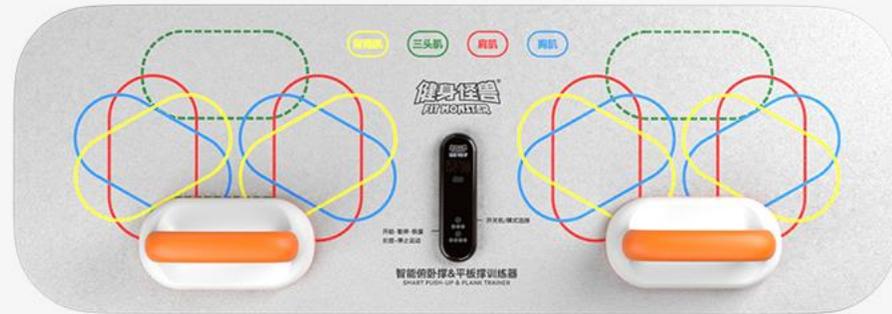
Red guide line
for Shoulder



Green guide line
for Triceps

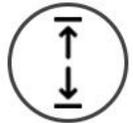


Blue guide line
for Chest training



PRECISION TIMING & COUNTING SENSOR

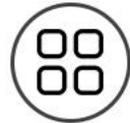
Using TOF sensors



Distance
Detection



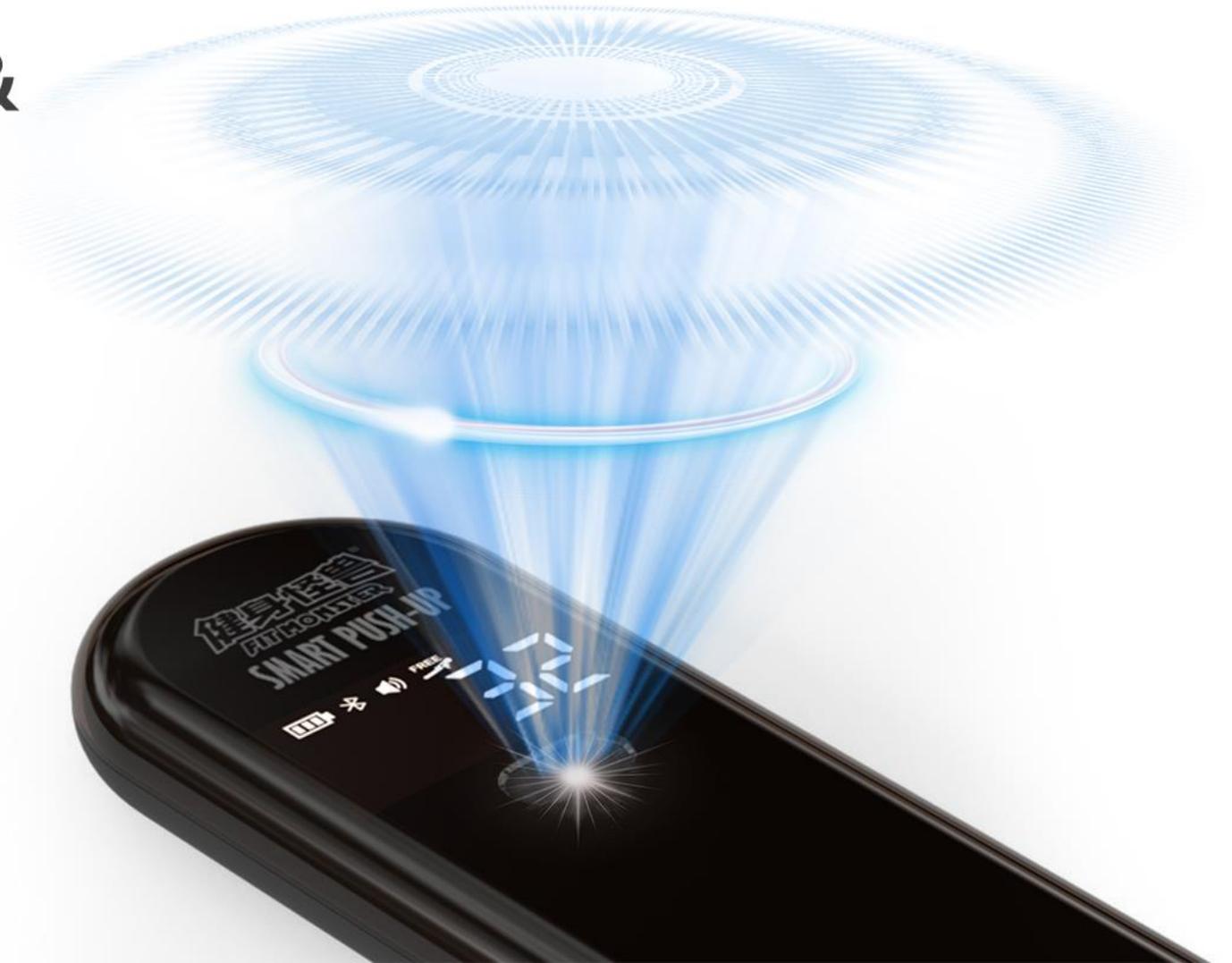
High
Sensitivity



Multi
Mode



Voice
Remind





Flexible PVC anti slip handle

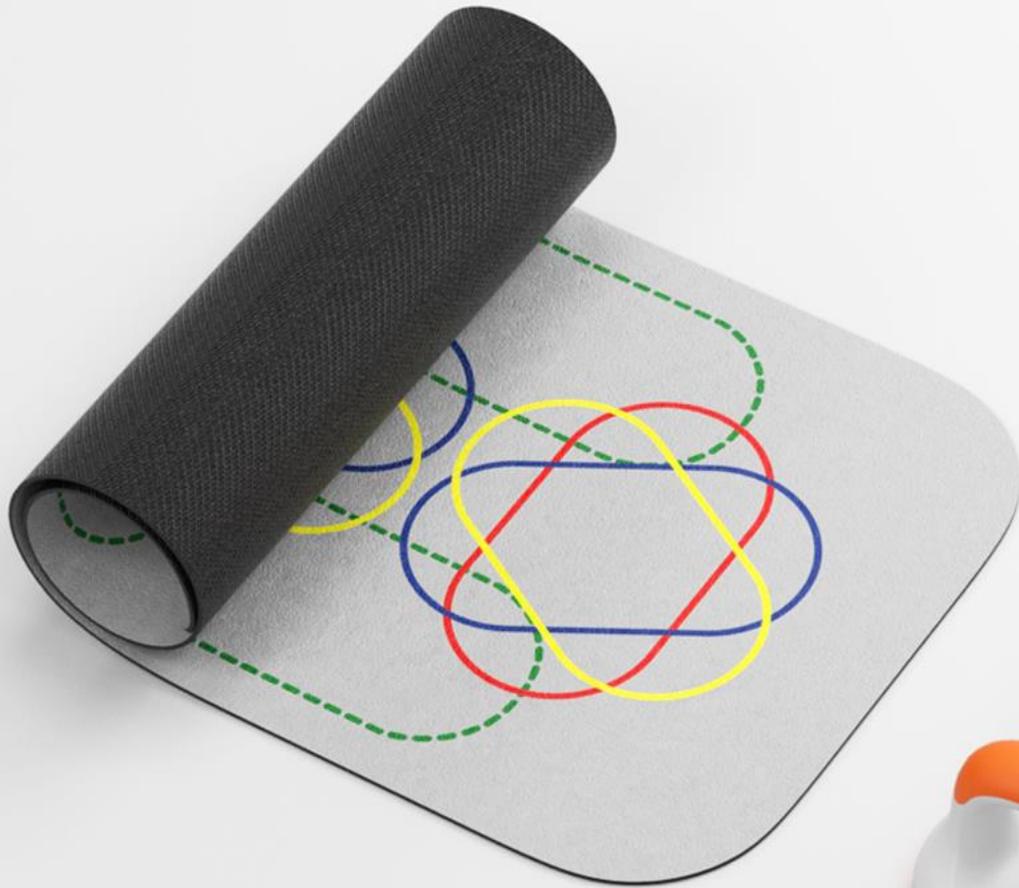
Ergonomic design of flexible rubber handle, grip fits snugly to the palm for comfortable grip. Effectively alleviate wrist compression and injury during exercise.

THICKENED NATURAL RUBBER DOUBBLE SIDED ANTI SLIP PAD

Short Suede + Natural Rubber

Adopting double-sided non slip fabric,
short suede on the front,
sweat absorbing and non slip





FOLDABLE & PORTABLE

Foldable, portable, and well organized for travel
Roll up the backpack and you can fit it

Flexible natural rubber is not afraid of rolling or folding,
easy to store, small in size, and does not take up space.

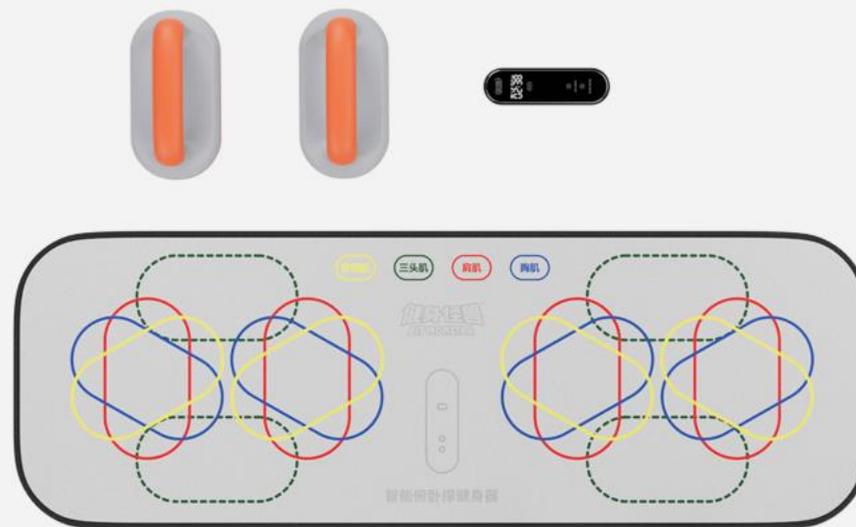
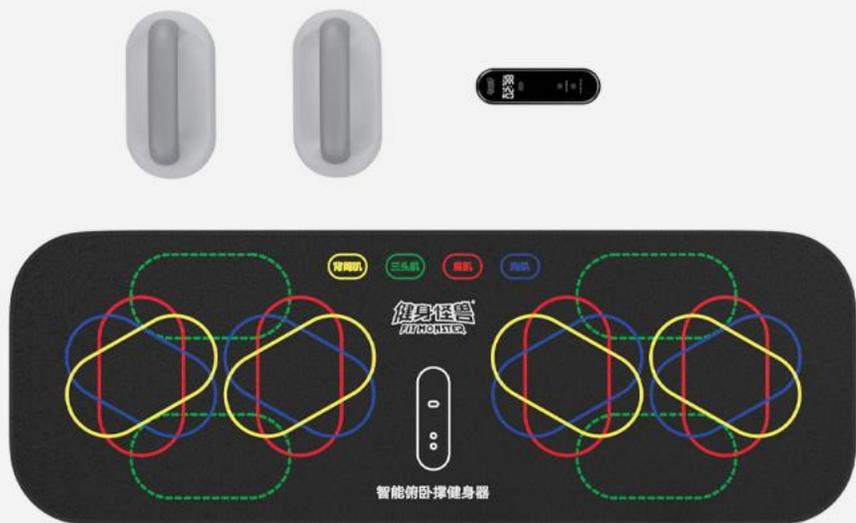


EXERCISE ANYTIME ANYWHERE

Anti-slip and wear-resistant
Rubber used on a variety of floors



Product Parameters



Product Name	Smart Push-up & Plank Trainer
Product Model	F1
Color	Orange
Bluetooth	5.1
Battery Capacity	250mAH
Handle Size	190mm × 100mm × 94mm

Trainer Pad Size	970mm × 340mm
Sensor Size	120mm × 36mm × 10mm
Input Voltage	DC 5V==
Handle Net Weight	210g±12g
Dispaly	LED
Charging Port	TYPE-C