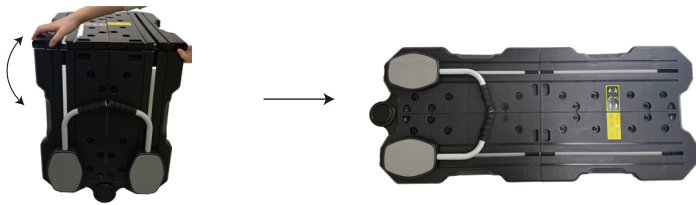


Multi Workout Station

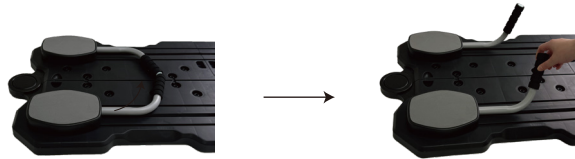
Instructions

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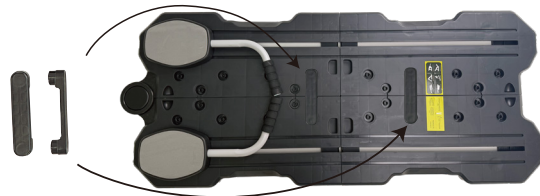
Before use, unfold the multi workout station.



Turn the handle to raise it.



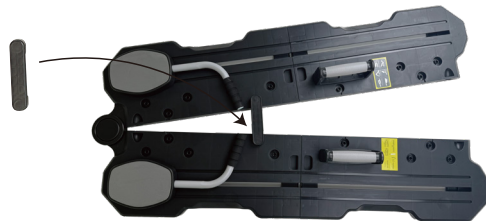
Install the buckles to fix the position.



You can start core fat burning training now.



The buckle can also be moved to secure the board to a comfortable angle.



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Perform arm training.



Insert the push up handles into the workout board.



Perform push up training.



Install the resistance tube here.

Then you can start strength training.



Open 180 degrees for snowboarding function.

