

## WARNING

Before each use, visually inspect the device. Never use the device if it is not working properly.

## Care and Storage

Your Harbinger® Pushup Sport has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

**Wipe** sweat, dust or other residue off the handle, stationary base and rotation base with a soft, clean cloth after each use.

**DO NOT** store in direct sunlight or near direct heat sources.

## Workouts

Go to [HarbingerFitness.com](http://HarbingerFitness.com) to download your free workout chart. Follow the workout listed on the chart for each day of the week. Perform each movement for the indicated number of sets, taking a 30-60 second rest in between each set, before continuing on to the next exercise.



# Harbinger®

## PUSHUP SPORT

User Guide

### IMPORTANT:

**This User Guide is the authoritative source of information about your Harbinger® Pushup Sport. Please read it carefully and follow all the instructions.**



Harbinger develops innovative fitness solutions that maximize muscle engagement and biomechanical efficiency. Our products use simple, natural movements and back-to-basics principles to enable anyone to unlock their potential. Visit [HarbingerFitness.com](http://HarbingerFitness.com) to learn more.

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[HarbingerFitness.com](http://HarbingerFitness.com)

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## Comments or Questions?

If you have any comments or questions about your Harbinger product, please email, call or write to our Customer Service Specialists. Our goal is your complete satisfaction.

Harbinger, Customer Service Department  
2001 T.W. Alexander Drive, Box 13925, Durham, North Carolina 27709-3925

Call Toll Free: 1-800-729-5954, Monday through Friday, 8:00am to 5:00pm, EST  
Email: [help@4implus.com](mailto:help@4implus.com)

[HarbingerFitness.com](http://HarbingerFitness.com)

# Important Safety Information

## ⚠ WARNING

**FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS OWNER'S MANUAL AND ON THE WORKOUT CHART MAY RESULT IN SERIOUS INJURY OR DEATH.**



Go to [HarbingerFitness.com](http://HarbingerFitness.com) or call 1-800-729-5954 for replacement label, user guide or questions.

## Specifications & Parts

Length: 7½" Width: 5" Height: 2¾"

Product Weight: 1 lb

Maximum User Weight Not to Exceed: 300 lbs/136 kg

1) **Before EACH use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts.** Call our Customer Service Department with any questions.

2) **CONSULT your physician before starting this or any other exercise program.** Fitness training can result in **SERIOUS OR FATAL INJURY**. Risk of injury can be lessened when safe techniques and common sense are practiced. **Before beginning your first workout, become familiar with Pushup Sport and review all exercise guidelines prior to using equipment.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. **If you are taking medication that may affect your heart rate, a physician's advice is essential before use of this equipment.** Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with preexisting health problems or wrist, elbow, shoulder or other joint and muscle impairments.

3) **DO NOT overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. **You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. IF YOU** experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, **STOP** exercising at once and consult your physician immediately.

4) **IT IS strongly suggested that handicapped or disabled people have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

5) **DO NOT** use on surfaces such as tile, linoleum and on surfaces that are wet such as a pool deck.

6) **Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.

7) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the easier modifications of the exercises and become familiar with all of the exercises before moving on to more advanced modifications.

8) **Breathe naturally,** never holding your breath during an exercise. Avoid over-training. You should be able to carry on a conversation while exercising.

9) **Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT** modify the equipment or use attachments not recommended by the manufacturer.

10) **HAVE plenty of clearance space.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space to avoid unnecessary physical contact.

11) **WEAR appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

12) **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

13) **ONLY one person at a time should use this equipment.**

