

# PRODUCT SPECIFICATIONS

ADAC 12232 Performance Push Up Bars

Code: ADAC 12232

MRP : 2399.00

Designed with numbered arrows and a shoulder target, the adidas Performance Push Up Bars perpendicular grip alignment encourages perfect form in three highly effective push-up positions. With the embossed arrows facing forwards, the numbered positions can accommodate triceps, deltoid and major pectoral adjustments for more focused and concentrated muscular development. The foam gripped handles offer a comfortable palm grip with debossed three stripes ergonomically spaced for the fingers, mimicking that of a more traditional bar knurl. A rigid "A" frame structure provides strength and stability, whilst the rubber gripped underside lends itself to push-ups on any flat surface. Ergonomic comfort grip handles reduces strain on the wrists. Numbered push up positions for targeting different muscles. Grippy base adds stability and traction. Packed in 100% recyclable and plastic-free packaging.

**COSCO**  
SPORTS | FITNESS



|                   |                                                        |
|-------------------|--------------------------------------------------------|
| Colour :          | adidas Constant-095A-Black (BLACK U)                   |
| Dim.(LxWxH) :     | 207 x 130 x 117mm                                      |
| Material :        | PP(40%) ABS(49%) Silicone(3%) NBR(8%)                  |
| Max.User Weight : | 120 Kgs.                                               |
| Net Weight :      | 430gms                                                 |
| Other Features :  | 11.7cm elevation allows for deeper,effective push ups. |