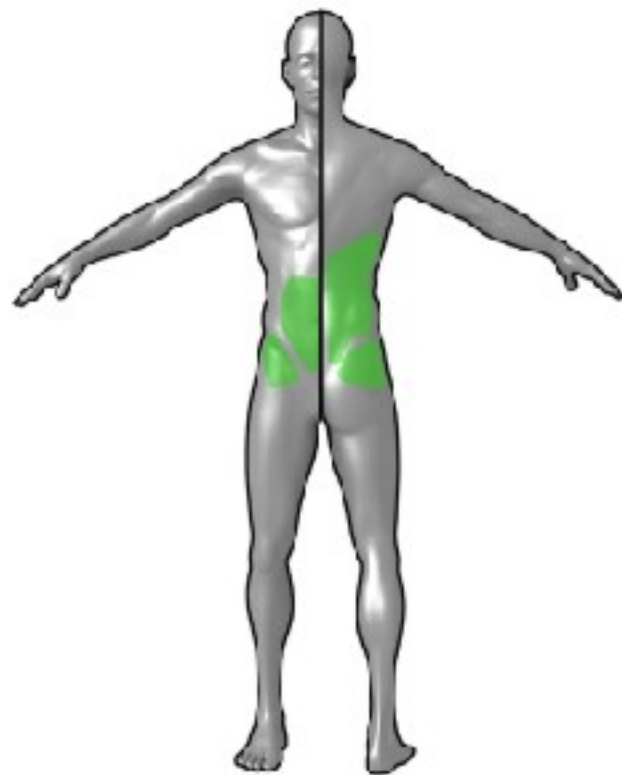


Body Twister

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Activity type:

- ~ Flexibility
- ~ Toning



Muscle Groups

BEGINNER



Minutes

INTERMEDIATE



Minutes

ADVANCED



Minutes

Instructions for use:

- Place both feet onto the rotation platform
- Grip the central support bar with both hands
- Using abdominals rotate the feet, flexing at the shoulders
- Rotate to a comfortable angle and then return to the starting position
- DO NOT rotate violently, movement should be slow and controlled
- Increase reps as fitness increases



If in doubt about undertaking physical exercise always consult a doctor beforehand. This equipment is intended for use by adults and children above 12 years of age.