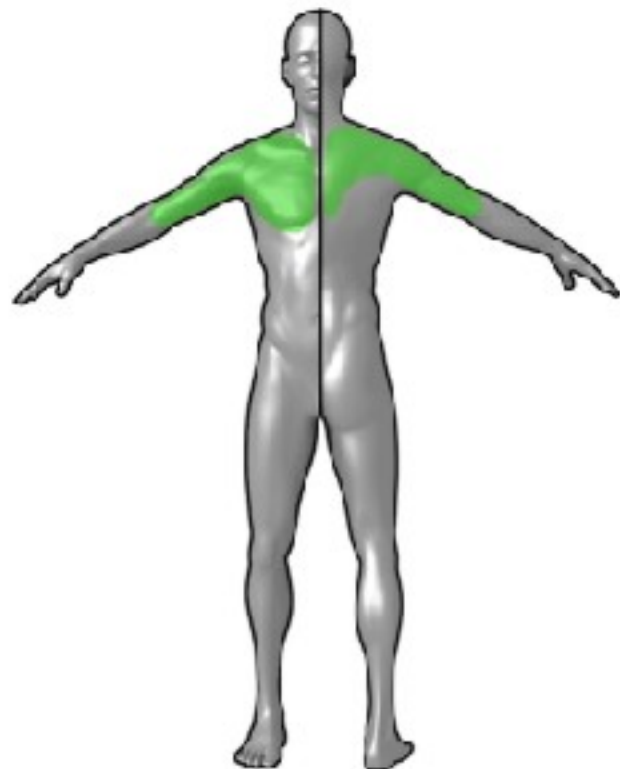


Four Wheel Spinner

Digby Street, Kettering, Northants,
NN16 8YJ • sales@wicksteed.co.uk

Activity type:

- ~ Mobility
- ~ Toning



Muscle Groups

BEGINNER



Minutes

INTERMEDIATE



Minutes

ADVANCED



Minutes

Instructions for use:

- Stand with feet shoulder width apart with the chest centrally positioned between two of the spinner wheels
- Grip both wheel handles and move the wheels so that the hands are uppermost
- Simultaneously rotate the left wheel anti-clockwise and the right wheel clockwise
- Alternating the direction of rotation during exercise will increase effectiveness
- Increase duration as fitness improves



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.