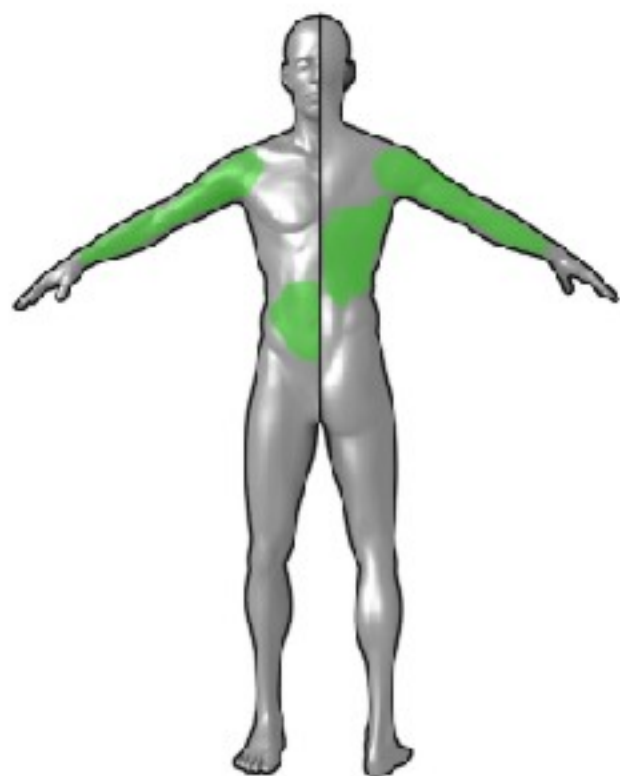


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Activity type:

- ~ Flexibility
- ~ Mobility



Muscle Groups

BEGINNER



Minutes

INTERMEDIATE



Minutes

ADVANCED



Minutes

Instructions for use:

- Place both feet into the foot cradle
- Support the body with the arms to keep upper body still
- Gently swing from the hips in a controlled manner, keeping the upper body static at all times
- Swing to a comfortable position
- 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.