



GF-18001

Hip Twister



Muscle Groups Used



TECHNICAL DATA

Dimension: 1000×370×1210mm

Training Space: ∅2000×2370mm

Safe Area: ∅3500×3870mm

Free Height of falling: 170mm

Maximum permissible user body weight: 140KG

FUNCTION

Improves flexibility and loosen muscle groups on abdomens, lower back & hips.

DIRECTION

1. Take hold of the handles, and step on the footboard;
2. Gently twist the lower body from one side to another;
3. Swing to a comfortable & controlled position;
4. Increase duration as fitness improves.

CERTIFICATION

EN16630:2015