

## Talking Twist Board BF3426




Be challenged and encouraged! Motion activated Talking Twist Board is your personal trainer. The talking voice system will spur you on, encouraging you while you exercise, as well as tell you the food equivalent to the calories you've burned and the length of your current exercise time. Music can accompany you while you exercise to keep you going!

- Talking Voice System.
- LCD on face of Twist Board.
- Tracks length of exercise time.
- Tracks number of rotations.
- Turns off automatically when not in use.
- Volume control feature.
- Non-slip surface for stability.
- Plays music.
- Batteries included.
- Fitness and Instruction Guides Included.

 **DOWNLOAD  
FITNESS GUIDE**

 **PRINT  
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.