



# Twist Board

## INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence.
- Begin exercise with product. Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 or 15 repetitions, start with less repetitions and slowly work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance of (15) repetitions, cautiously add more repetitions to your sets or select a Bally product that provides a greater amount of resistance.

### OBLIQUE TWISTS

	<p><b>1 START</b></p> <p>Stand upright with feet together on the Twist Board, maintaining balance (hold arms up to maintain balance).</p>
	<p><b>2 END</b></p> <p>Twist torso 45 degrees to the left while maintaining upright position. Flex obliques and hold form for one second. Duplicate movement to the right side and hold form for one second. 10-15 Repetitions recommended.</p>

Muscles Utilized: Obliques

### OBLIQUE BALL TWISTS

(Advanced)

	<p><b>1 START</b></p> <p>Stand upright with feet together on the Twist Board, maintaining balance. Hold Medicine Ball with both hands firmly against chest.</p>
	<p><b>2 END</b></p> <p>Twist torso in either direction at 45 degrees. Hold form for one second and repeat movement. 10-15 Repetitions recommended.</p>

Muscles Utilized: Obliques, Biceps, Triceps

### RESISTANCE TWISTS

(Advanced)

	<p><b>1 START</b></p> <p>Attach Bally's Total Body Exerciser onto a door. Stand upright with feet together on the Twist Board. Stand facing the door in an upright position, hold the body exerciser handles firmly to reduce any slack.</p>
	<p><b>2 END</b></p> <p>Twist torso 45 degrees to the left while maintaining upright position. Flex obliques and hold form for one second. Duplicate movement to the right side and hold form for one second. 10-15 Repetitions recommended.</p>

Muscles Utilized: Obliques

### OBLIQUE TWISTS WITH WEIGHTS

(Advanced)

	<p><b>1 START</b></p> <p>Stand upright with feet together on the Twist Board. Hold or strap on Bally's Total Fitness Aerobic Weights.</p>
	<p><b>2 END</b></p> <p>Twist torso 45 degrees to the left while maintaining upright position. To utilize biceps, move arms as if walking in place. 10-15 Repetitions recommended.</p>

Muscles Utilized: Obliques, Biceps, Triceps