

## Twist Board BF7635




Twist your way to slimmer abs, hips, and thighs. High-impact, rotating platform provides a vigorous form of aerobic exercise. Precision ball-bearing ride for smooth, fluid motion.

- Slim and tone abs, hips and thighs.
- Strengthen back and calves.
- Fitness Guide 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.