



Twist Board with Reflexology Magnets

The Twist Board with Reflexology Magnets not only provides a great aerobic workout, but also promotes: Healing of Injuries, reduction of joint and muscle pain, increased circulation, increased energy and relief from arthritis pain.

Fitness Guide

INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence. To receive the most benefit, use the twist board with bare feet.
- Initially, do each exercise for 1 - 5 minutes. Eventually increase total time of workout to 30 - 40 minutes.
- If unable to exercise for 1 - 5 minutes start more slowly and work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance 5 minutes cautiously add increase time spent on each exercise or select a Bally product that provides a greater amount of resistance.

OBLIQUE TWISTS

	<p>START</p> <p>Stand upright with feet together on the Twist Board, maintaining balance (hold arms up to maintain balance).</p>
	<p>END</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>START</p> <p>Stand upright with feet together on the Twist Board, maintaining balance. Hold Medicine Ball with both hands firmly against chest.</p>
	<p>END</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>START</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>END</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>START</p> <p>Stand upright with feet together on the Twist Board. Hold or strap on Bally's Total Fitness Aerobic Weights.</p>
	<p>END</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