

Twist Board with Reflexology Magnets BF7685



Twist your way to better balance and a slimmer physique. The nub bins massage tension from your feet and provide great traction. Great addition to your regular routine. Slim and tone abs, hips and thighs. Use with ankle/wrist weights or resistance tubing for fun cross training variations that keep you motivated and challenged. Great for all fitness levels!


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.
- Relief from Arthritis Pain.



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 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.