

OVERHEAD PRESS

Muscles Utilized: Deltoids, Triceps



Stand with one foot on center of Twist Board, knees bent slightly. With arms at your sides, hold the handles palms facing your sides. Straighten arms above you, making sure your arms straighten fully. Slowly bend your arms, bringing hands back down to your sides.

LATERAL RAISES

Muscles Utilized: Deltoids



Stand with one foot or both feet on the center of the Twist Board, knees bent slightly. With your arms at your sides, hold handles with palms facing your sides. Slowly raise arms out and up to shoulder height (a "T" position), keeping elbows slightly bent. Slowly, lower arms back to your sides.



Twist Board for Pilates with Resistance Tubing

Fitness Guide

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

Before using check for wear or cuts on the tubing. If you find any, do not use the product. You can send it back to our Customer Service Department and we will send you a replacement product: *Sports & Leisure Customer Service, 4 Executive Plaza, Yonkers, NY 10701*

- Exercises should be done in a slow and orderly manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.

INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence. Then 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 to 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.

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