

Technical Data Sheet

Twister

Device Description

Strengthens the rectus abdominis and especially the oblique abdominal muscles, while also engaging the lower back (lumbar) muscles. The exercise helps maintain proper posture.

Developed abilities: Fitness, Strength

Technical Specifications

Type: Strength equipment

Difficulty level: Easy

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 75 cm

Length: 80 cm

Safety zone: 380 × 375 cm

Free fall height: 20 cm

Instructions for Use

Hold the handles, stand on the rotating platform and slightly bend your knees. Keeping your upper body stable, rotate your hips smoothly from right to left using only the lower part of your torso.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

