

Product Datasheet

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 correct posture.

Specifications

Type: Strength equipment

Difficulty level: Easy

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

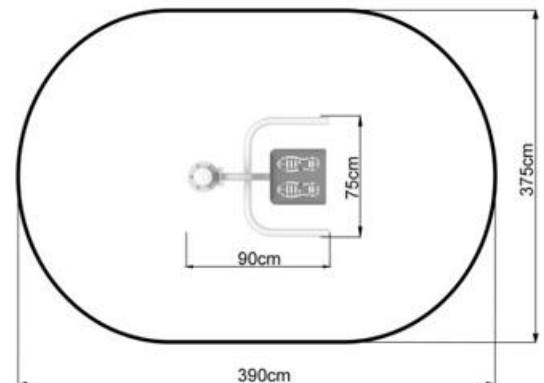
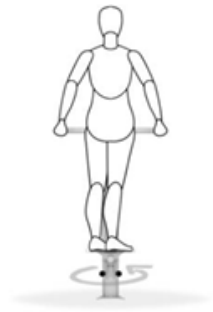
Height: 175 cm

Width: 75 cm

Length: 80 cm

Safety zone: 380 × 375 cm

Free fall height: 20 cm



Exercise Instructions

Hold the handles and stand on the rotating platform with your knees slightly bent. Keeping your upper body stable, rotate your hips smoothly from side to side.

Construction

- Load-bearing structure made of 88.9 × 3.6 mm steel tube.
- Additional steel tubes: 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm.
- Seats, backrests and footrests are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.