

Twist & Shape



Free Stepping

Carefully step onto the Twist & Shape multi directional stepper.
Swing arms from side to side.
Add intensity to your workout by swinging arms higher.



Squat

Carefully step onto the Twist & Shape multi directional stepper.
Squat or lower your buttocks by bending at the hips.
Do not allow your knees to extend beyond your toes.
Keep this position as long as comfortable then return to the normal stepping position.



Alternate Bicep Curls

Carefully step onto the Twist & Shape multi directional stepper.
Grip the resistance bands and extend arms down with palms facing up.
While stepping down, curl the opposite arm up towards your chest, alternating lifting your arms back and forth with each step.

RESISTANCE BANDS

Use only the original accessories supplied with this unit. Use of any other attachment will void the warranty and may cause injury.



Alternate Shoulder Press

Carefully step onto the Twist & Shape multi directional stepper.
Grip the resistance bands and extend one arm up, pressing over your head.
While stepping down, press the opposite arm over your head, alternating lifting your arms back and forth with each step.



Deltoid Raises

Carefully step onto the Twist & Shape multi directional stepper.
Grip the resistance bands and extend arms down to waist height, at the front of your body.
With palms facing down and arms slightly bent, raise your arm from your shoulder.
While stepping down, alternate lifting your arms back and forth with each step.



Side Deltoid Raises

Carefully step onto the Twist & Shape multi directional stepper.
Grip the resistance bands and extend arms down to waist height, at the sides of your body.
With palms facing down and arms slightly bent at the elbow, raise your arm from your shoulder.
While stepping down, raise and lower both arms at the same time with each step.



ELECTRONIC DISPLAY FUNCTION

Track total strides, strides per minute, time and calories.

Press the **Mode Button** to select a function relative to the print below the LCD display window. To select the function to be permanently displayed, press the Mode Button to that function.

Scan Mode: Automatically displays Time, Step Count, Calories, Strides/Min.

Reset: Hold the button down for 2 seconds.

Auto Shut Off: After 4 minutes of non use, the electronic display will automatically shut off.



Product by
Body Action Enterprise Co., Ltd.
Made In China

WARNING, PLEASE READ BEFORE EXERCISING:

We strongly recommend that you consult with your doctor or fitness expert before starting this or any exercise program. Special importance applies if you are pregnant, suffering from any illness or over the age of 35 years. If you experience pain, shortness of breath, dizziness, or any type of unusual discomfort, contact a physician immediately. Know your exercise limits before you begin!
Keep this exercise device away and out of reach of small children and pets. SEVERE INJURY MAY OCCUR IF HAIR, CLOTHING, FINGERS OR OTHER BODY PARTS BECOME ENTANGLED WITHIN THIS DEVICE WHILE IT IS IN USE.

Over a period of time you will become more confident on the Twist & Shape multi directional stepper. Until then, we recommend using the aid of a chair, table or stable surface for support (SEE ASSISTED TRAINING). Use caution when getting on and off of the Twist & Shape multi directional stepper.

Never use the Twist & Shape multi directional stepper on an uneven or unstable surface. Surface should be flat and dry at all times. Do not use the Twist & Shape multi directional trainer if it is damaged. Always inspect for loose or damaged parts which could result in personal injury.

GETTING STARTED:

Always warm-up your muscles before exercising. Start your exercise program conservatively. Select a goal or pace for each exercise that is easily performed. Alternating your daily workouts every other day reduces lactic acid build-up and consequently reduces muscle soreness. Begin and end each exercise session by stretching your muscles for 7-10 minutes.