

PürAthletics™ TWIST BOARD WORKOUT

- Magnetic reflexology surface to improve circulation and massage feet
- Continuous 360° twist board
- Great for hip and knee range of motion exercises
- Use with ankle/wrist weights for effective cross-training

STANDING SLOW TWIST



Start. Carefully stand on the twist board and get your balance, engaging your core.
Finish. Slowly and deliberately start to twist your waist to one side, your feet will naturally move towards the opposite way.

ADDING DUMBBELLS



Make sure to start with light dumbbells like the Pur Athletic 3 or 5 lb Dumbbells
Start. While twisting hold your dumbbells straight out to the side, shoulders relaxed and in their sockets.
Finish. continue twisting motion until arms and shoulders start to feel fatigued and your form is compromised.

OBLIQUE TWIST



Start. While twisting on the up position hold one dumbbell with both hands to one side at shoulder height.
Finish. Twist down bringing your arms towards the opposite side at knee level. Make sure to engage your core the entire time.

TWIST AND SQUAT



Start. Start to lower your body into a semi-squat position.
Finish. Twist slowly side to side and raise yourself back up again.

CAUTION

100KG/200LBS MAXIMUM WEIGHT
Do not use on laminate, hardwood flooring, slippery or uneven surfaces.

Use on carpet or on exercise mat is recommended. Always check the product prior to use for any visible damages or defects, and avoid use if present.

If you suffer from dizziness, vertigo, or other distress of vertical imbalance, refrain from using this product. It is recommended not to have any sharp objects in close proximity, in the event you fall off this product as it has a horizontal imbalance as part of its function.

LIABILITY DISCLAIMER

No liability or responsibility is assumed by the manufacturer, supplier or re-seller for an injury or damages as a result of using this product.

WARRANTY

This product has a 90 day warranty from Original Purchase Date based on consumer use.

CUSTOMER SERVICE

In the event of any questions please call our North American Toll Free customer service line at 1-877-415 3425 or email info@zenathletics.com

* Warning As with any lifestyle change or physical exercise program consult your physician before you begin and notify them of your yoga practice.

Especially if you are pregnant, have Diabetes, Heart Disease, injuries or other serious illness.

* Jacqueline Odehal is a registered B.C.R.P.A and Can Fit Pro Certified Personal Trainer website: www.manafest-training.com

PürAthletics™

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