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MADE IN CHINA

Twist&Shape MNL ENG UK R1 170501

Twist & Shape®

BJ-10488

USER MANUAL



Carefully read safety precautions and instructions in this manual before using this equipment and keep this for future reference.

Maximum load : 150 kgs

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WARNING

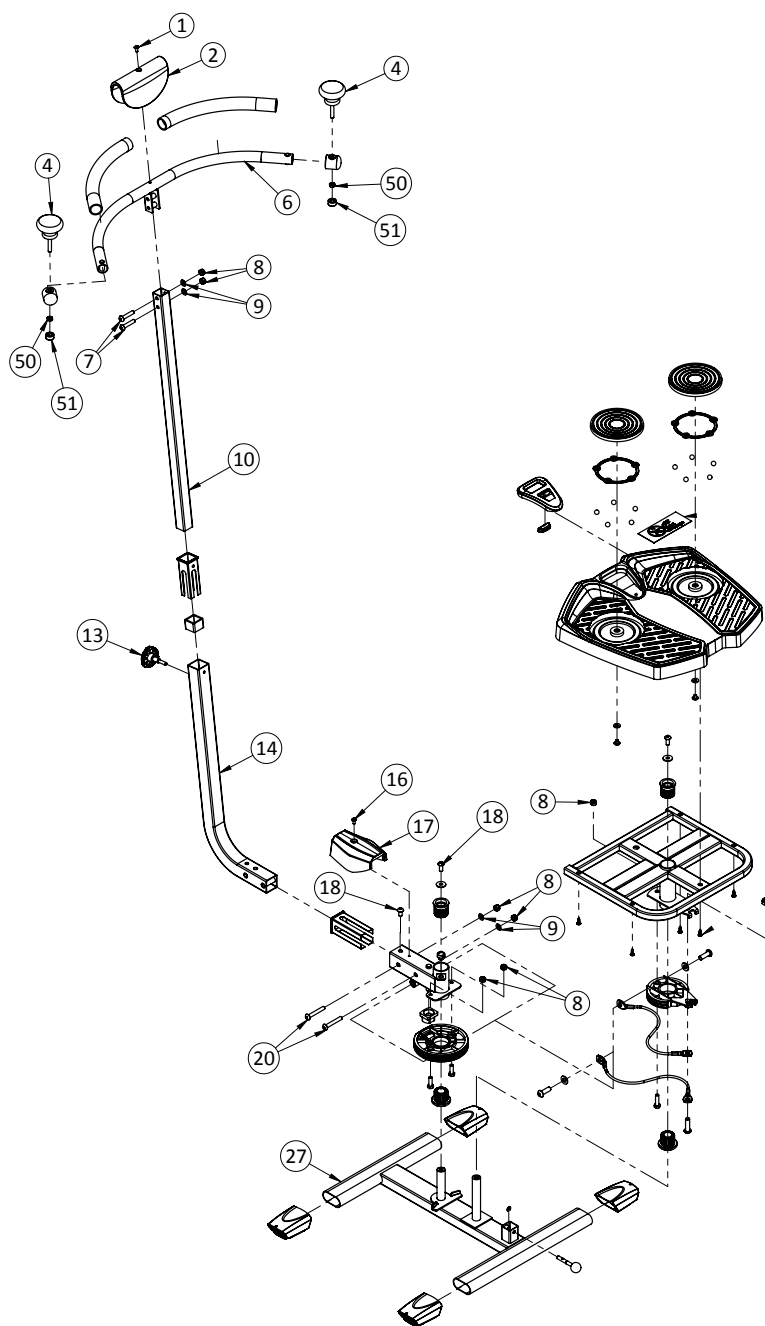
1. Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 65 or have pre-existing health problems. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.
2. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 2.2 meter all-around free space.
3. It is important to keep children, pets, furniture and other objects away from this equipment during its use.
4. Check your equipment before each use to ensure that all parts are assembled, and all nuts, bolts, knobs, pins are tightened and in place.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. Do not allow children to play on or around it.
6. Always warm up and stretch before each training session. If you feel faint or experience dizziness, nausea, shortness of breath, chest pain, irregular heartbeat, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
7. Do not place your hands or fingers underneath the unit while it is being used. Keep hands away from moving parts.
8. Be sure to keep longer hair tied up to avoid getting caught on equipment.
9. Always wear appropriate workout clothing and shoes when using your Twist & Shape. Do not wear loose clothing. Do not wear shoes with leather sole or high heels.
10. Workout within your recommended exercise level, do not work to exhaustion. If you feel any pain or experience abnormality, stop your workout immediately. Consult your physician immediately.
11. This equipment is designed and intended for indoor home and consumer use only, not for commercial use.



To avoid injury or pinching when moving the unit, secure the base plate by pushing #30 ball-pin in while the base plate (#37) is squarely facing forward.



EXPLODED VIEW

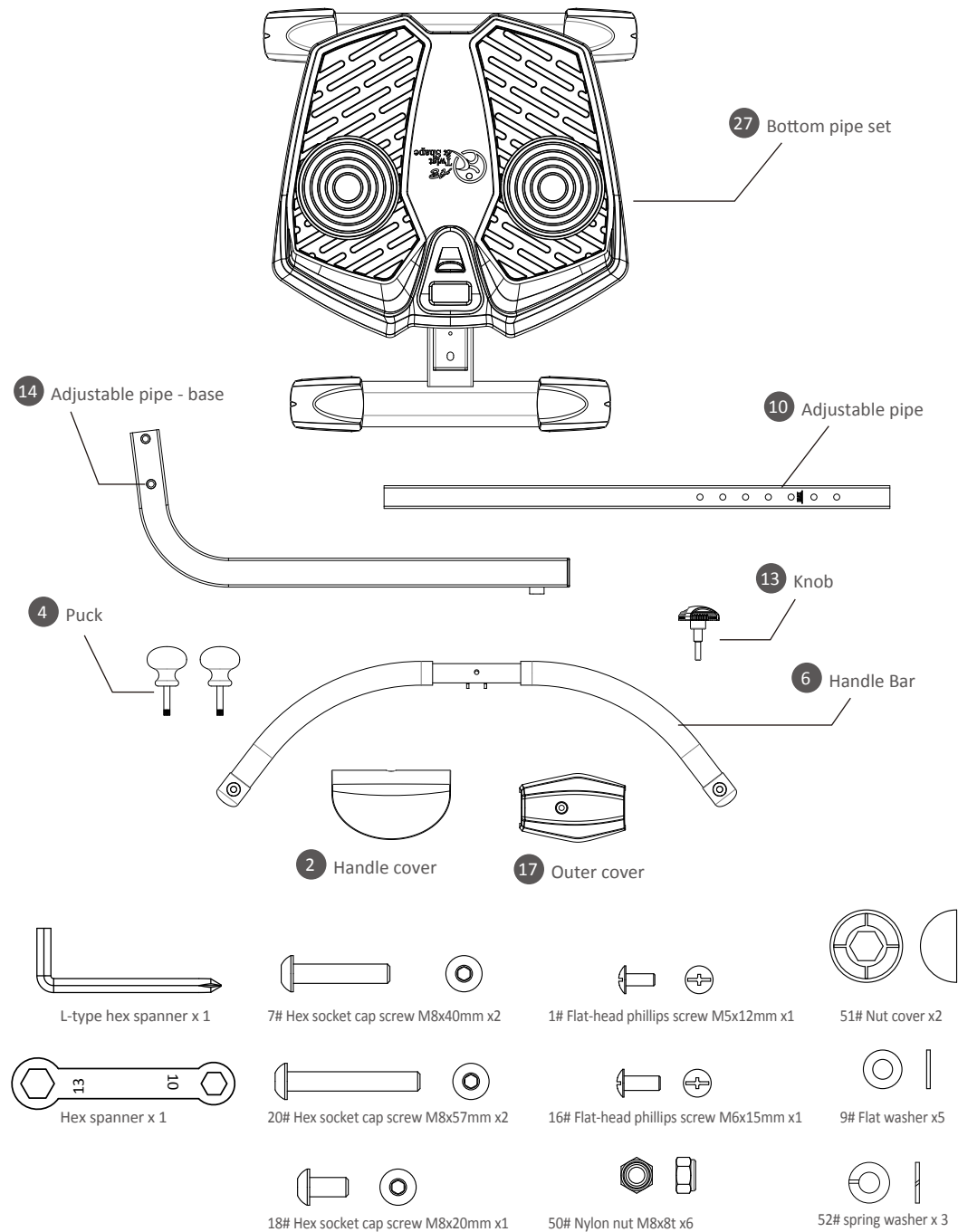


PARTS LIST

No.	Name	Specification	Quantity
1	Flat-head phillips screw	M5x12L	1
2	Handle cover		1
3	Foam	1"x3Tx300	2
4	Puck		1
5	Pipe stopper		1
6	Handle bar		1
7	Hex socket cap screw	M8x40L	1
8	Nylon nut	M8x8.0T(opposite side 13)	2
9	Flat washer	8x16x1.5T	5
10	Adjustable pipe	30x1.5x666	1
11	30 hollow stopper		1
12	stopper		1
13	Knob		2
14	Adjustable pipe - base	30x1.5x688	1
15	38 hollow stopper		1
16	Flat-head phillips screw	M6x15L	12
17	Outer cover		1
18	Hex socket cap screw	M8x16L	2
19	Flat washer	8x25x2.0T	4
20	Hex socket cap screw	M8x57L	6
21	Magnet locking base		2
22	Transmission pipe set		2
23	Blockage rubber		2
24	Front wire cable wheel		4
25	Hex head cap screw	M8x25L	1
26	Spindle bush (bottom)		2
27	Bottom pipe set		1
28	Foot pad		4
29	E buckle	E7	8
30	Ball pin		8
31	Spin plate		1
32	ball bearing base		2
33	ball bearing	7/16	4
34	monitor		2
35	Monitor button		4
36	Sticker	6x16x1.5T	2
37	Base plate		2
38	flat washer	6x16x1.5T	1
39	Hex socket cap screw	M6x8L	1
40	Spindle bush (Top)		1
41	Pedal pipe set		1
42	Flat-head phillips screw	M5x15L	2
43	Nylon nut	M10x9.5T	1
44	Hex socket cap screw	M10x25L	2
45	Flat washer	10x20x1.0T	4
46	Wire cable spindle		1
47	Wire cable	5x375L	1
48	Hex socket cap screw	M10x35L	1
49	Hex head screw	M8x30L	1
50	Hex nut	M8x5.5T(Opposite side 12)	1
51	Nut cover		1
52	spring washer		3



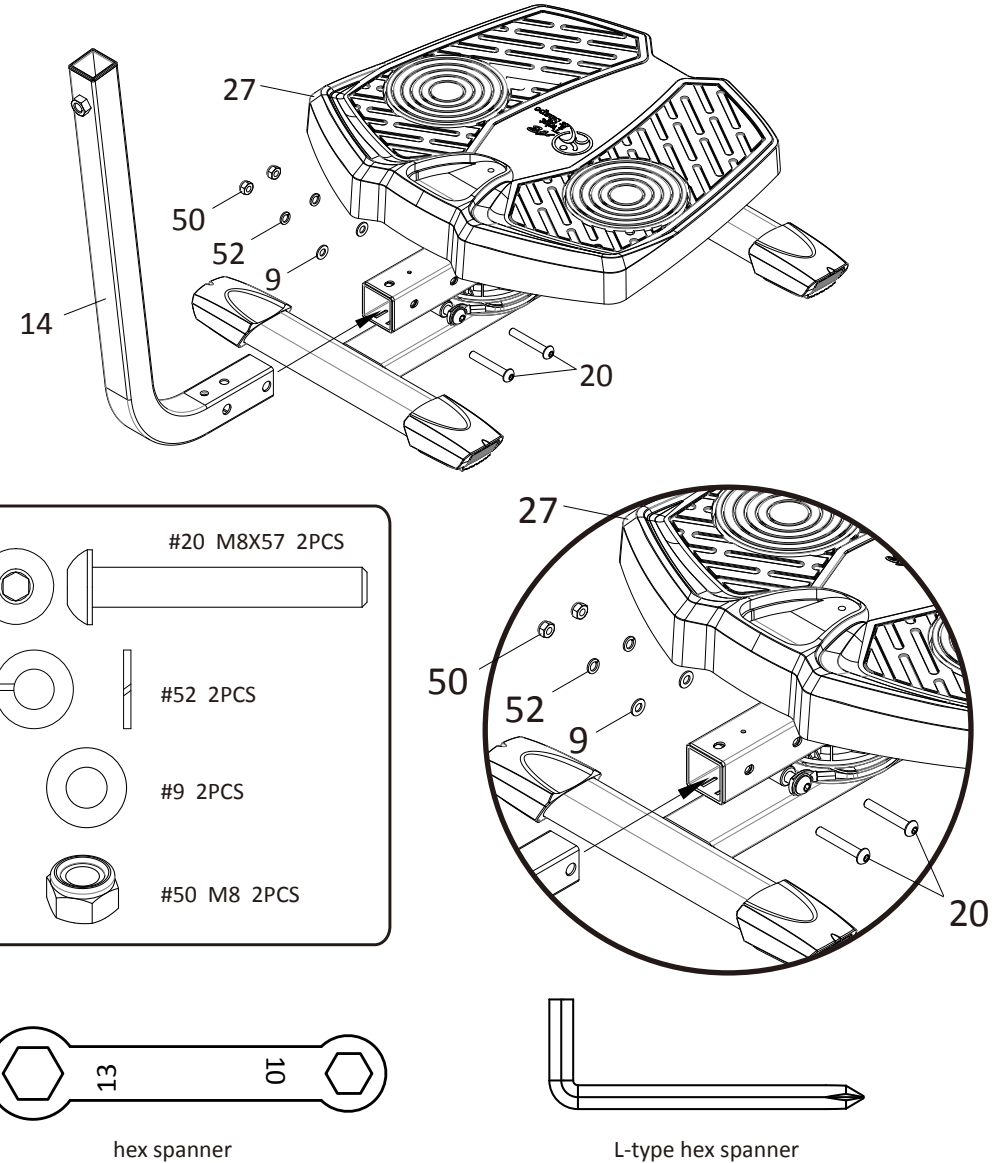
ACCESSORIES DIAGRAM



PRODUCT ASSEMBLY

1

Insert the (14) Adjustable pipe – base into the (27) Bottom pipe set. Lock the (20) hex socket screw M8 x 57L, (52) spring washer x 2, (9) flat washer x 2, and (50) Hex nut M8 x 2 by using the hex spanner and the L-type hex spanner. Both (20) hex socket screw M8 x 57L shall be tightly locked.

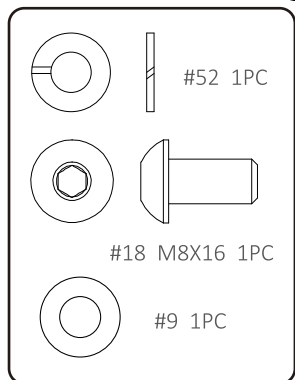
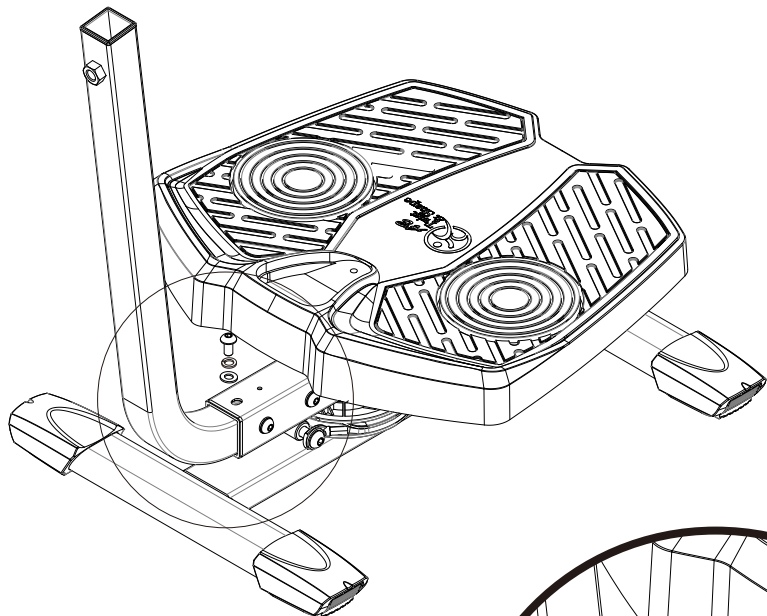




PRODUCT ASSEMBLY

2

Lock the (18) hex socket screw M8 x 16 ,(52) spring washer x 1 by using the L-type hex spanner.



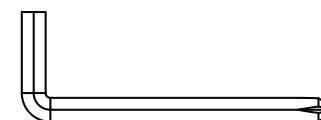
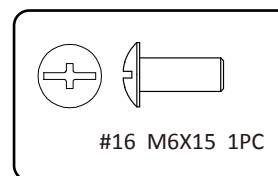
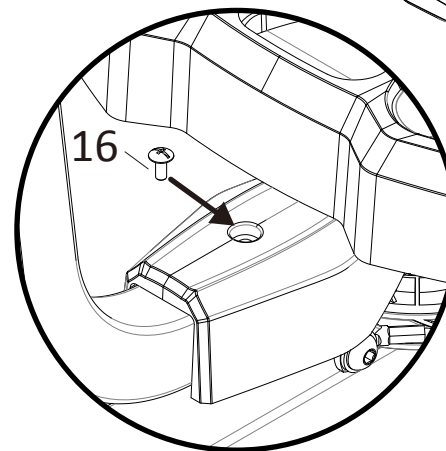
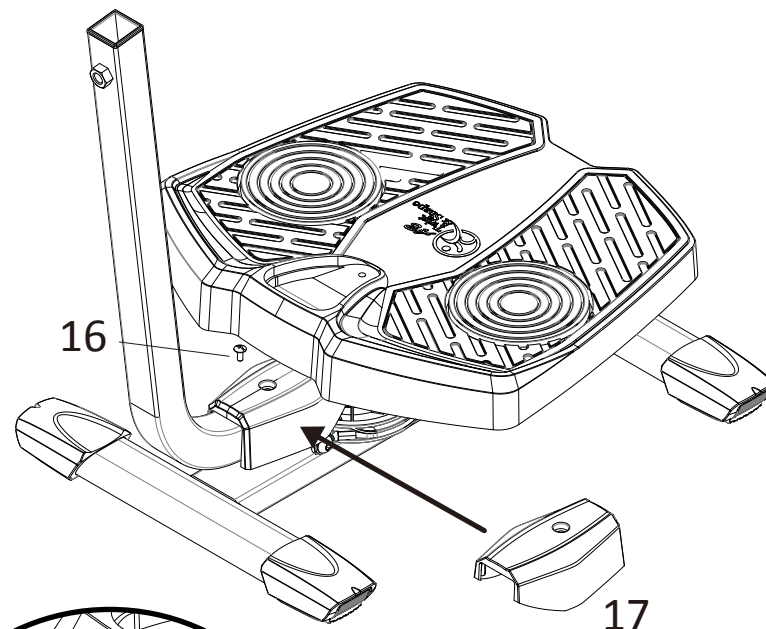
L-type hex spanner



PRODUCT ASSEMBLY

3

Attached the (17) outer cover, then lock the (16) cross screw M6 x 15L.



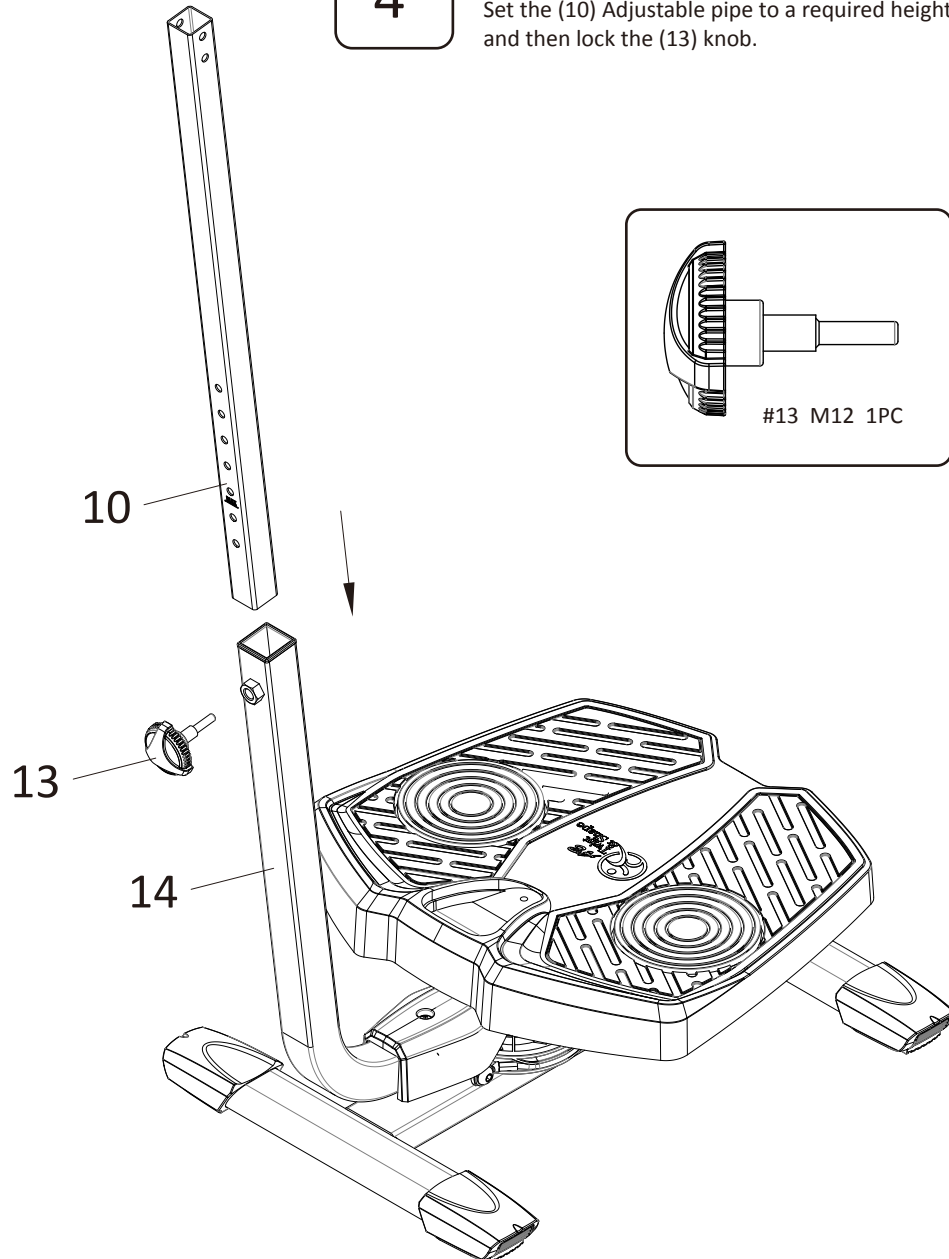
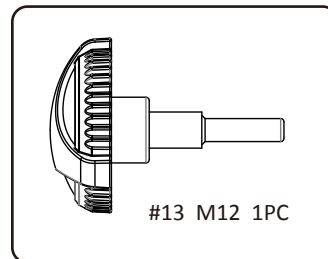
L-type hex spanner



PRODUCT ASSEMBLY

4

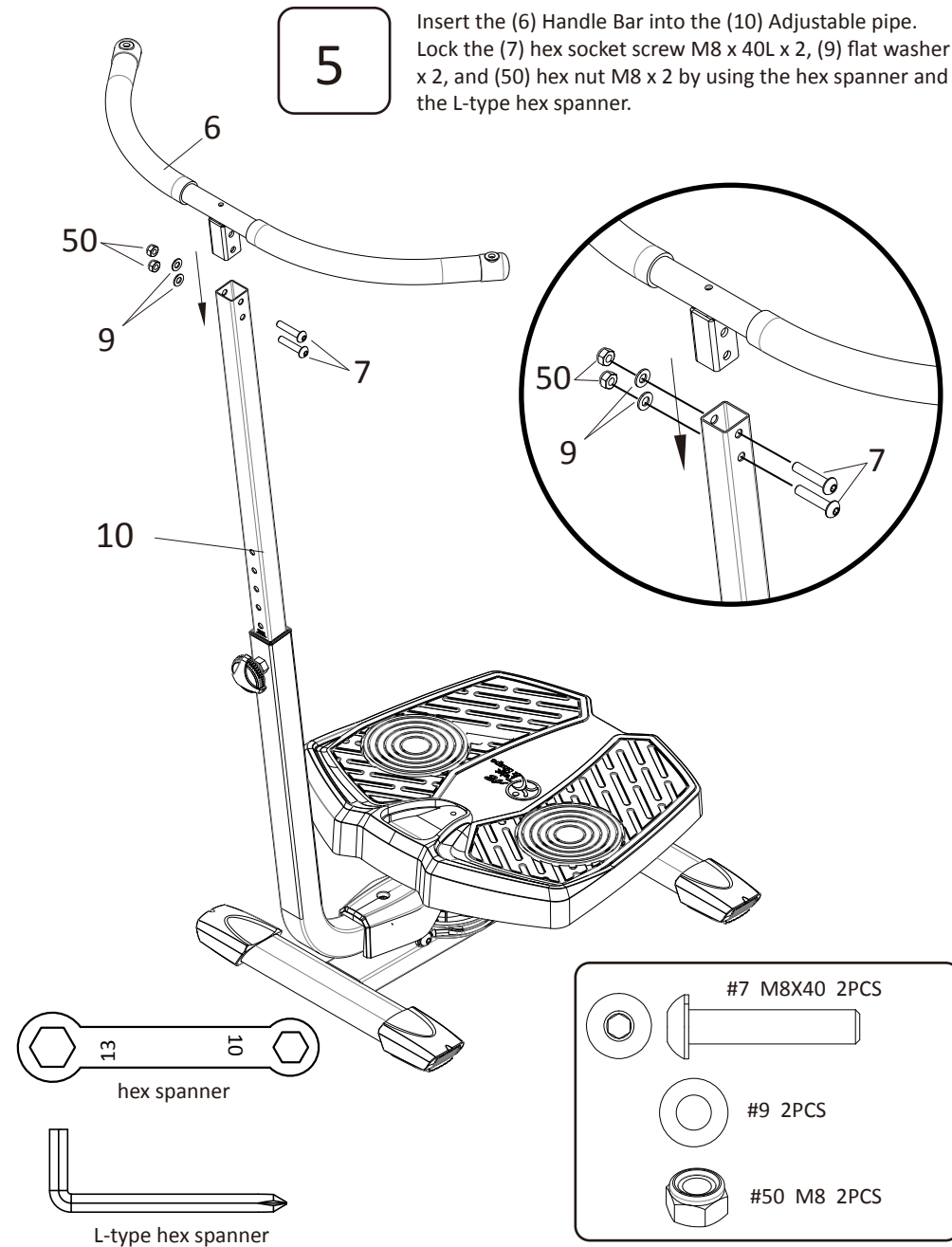
Insert the (10) Adjustable pipe into the (14) Adjustable pipe - base.
Set the (10) Adjustable pipe to a required height, and then lock the (13) knob.



PRODUCT ASSEMBLY

5

Insert the (6) Handle Bar into the (10) Adjustable pipe.
Lock the (7) hex socket screw M8 x 40L x 2, (9) flat washer x 2, and (50) hex nut M8 x 2 by using the hex spanner and the L-type hex spanner.

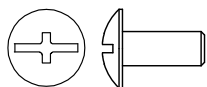
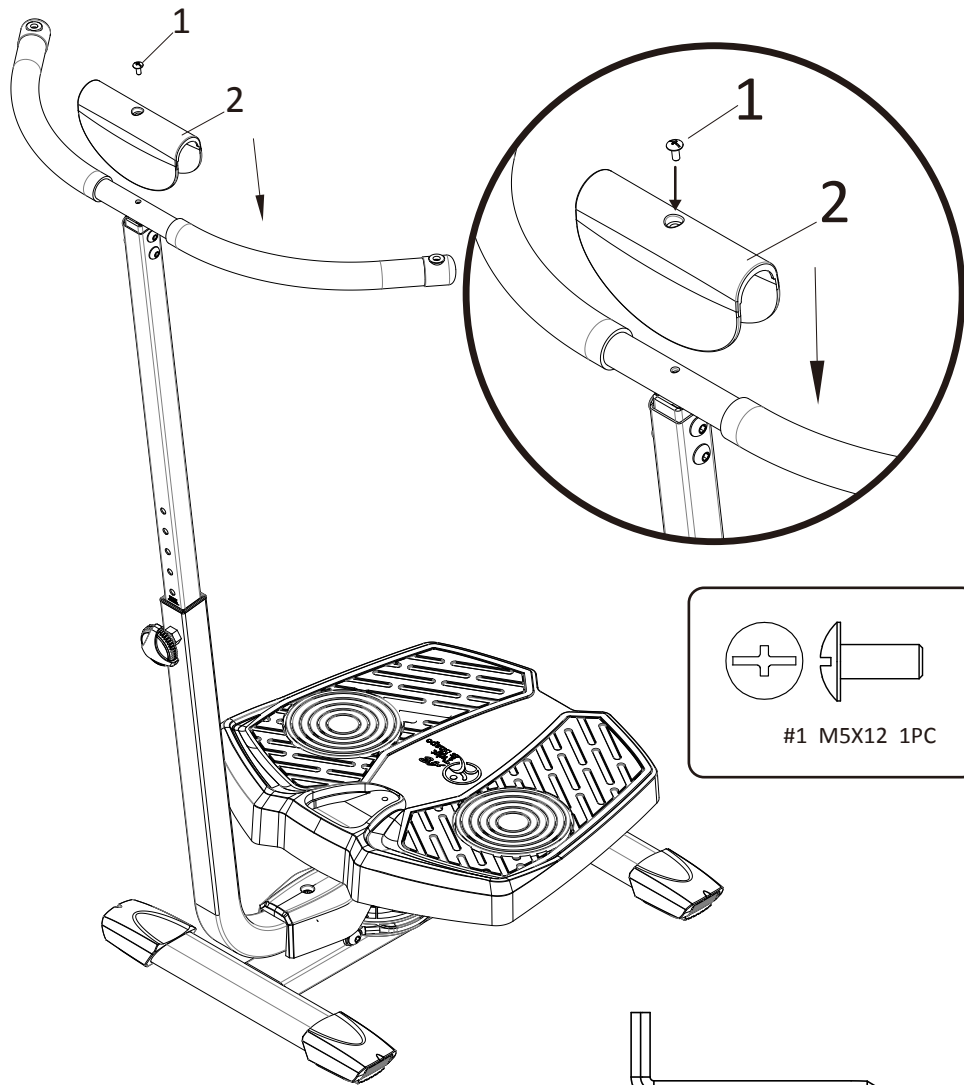




PRODUCT ASSEMBLY

6

Close the (2) handle cover and then lock the (1) cross screw M5 x 12L.



#1 M5X12 1PC



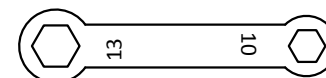
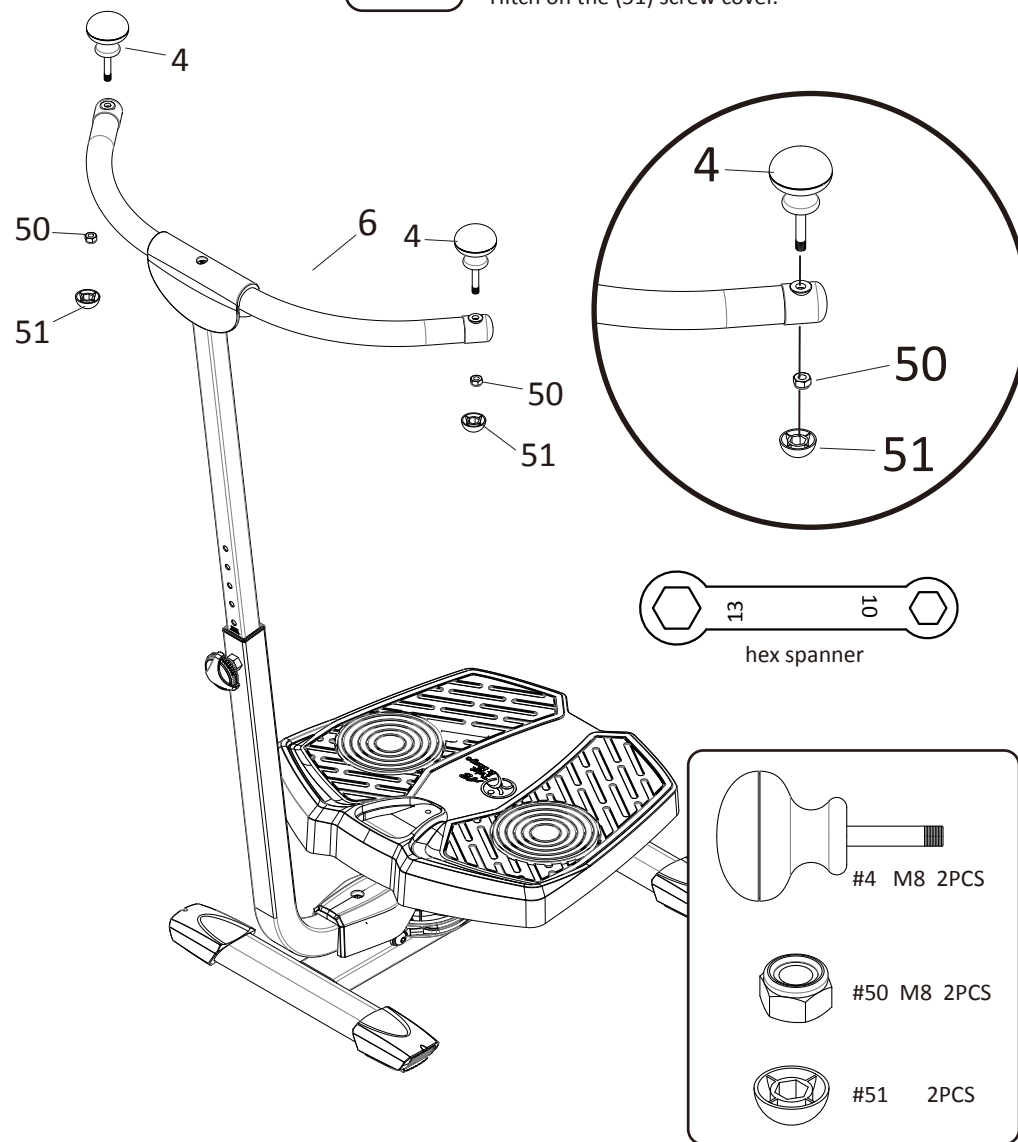
L-type hex spanner



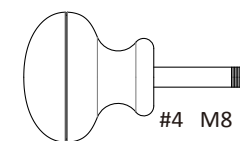
PRODUCT ASSEMBLY

7

Insert the (4) pucks into both ends of the (6) handle pipe, and lock them from the bottom by two (50) hex socket nut M8 x 5.5T. Hitch on the (51) screw cover.



hex spanner



#4 M8 2PCS



#50 M8 2PCS



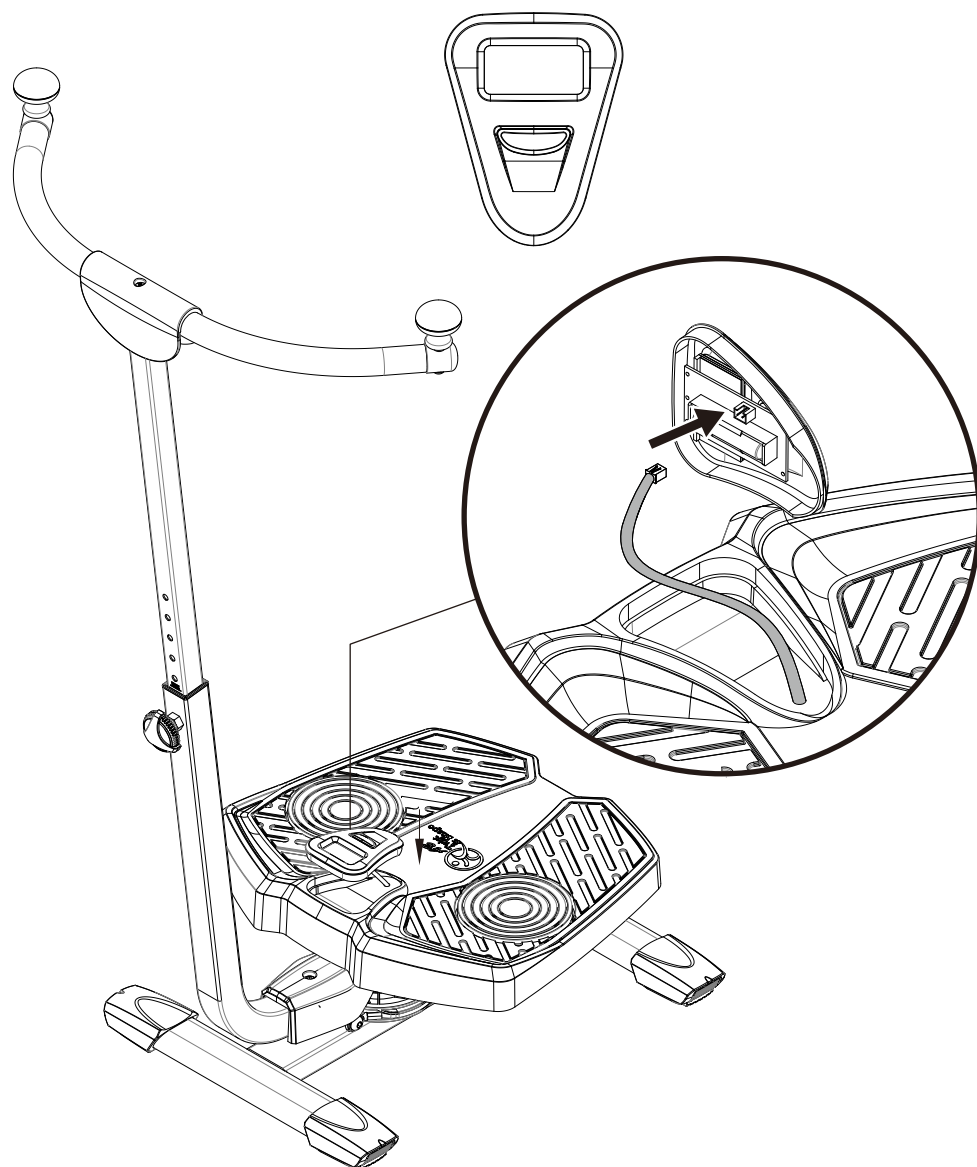
#51 2PCS



PRODUCT ASSEMBLY

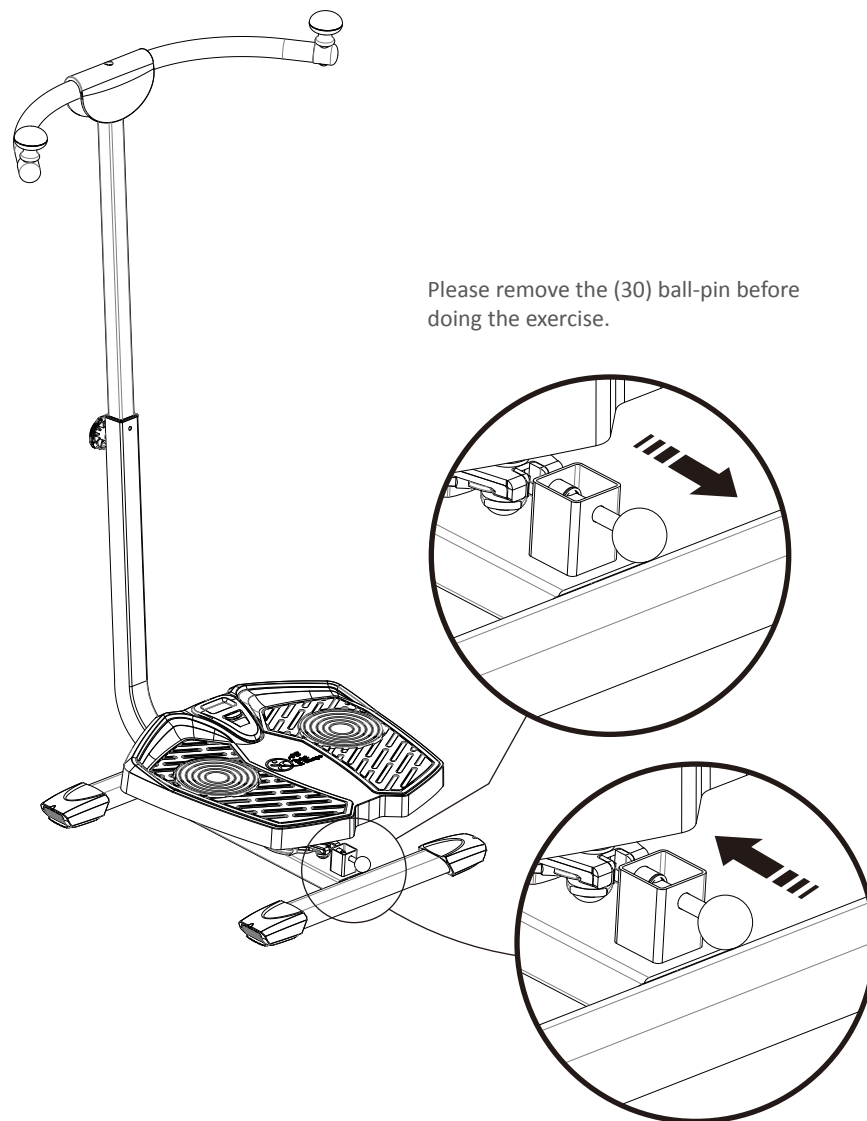
8

Connect the wire to the back of computer.
Place 1xAAA battery.
Cover the Electronic watch.



USE OF PRODUCT

Please remove the (30) ball-pin before doing the exercise.

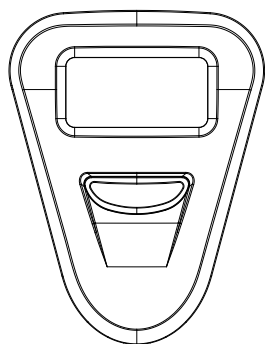
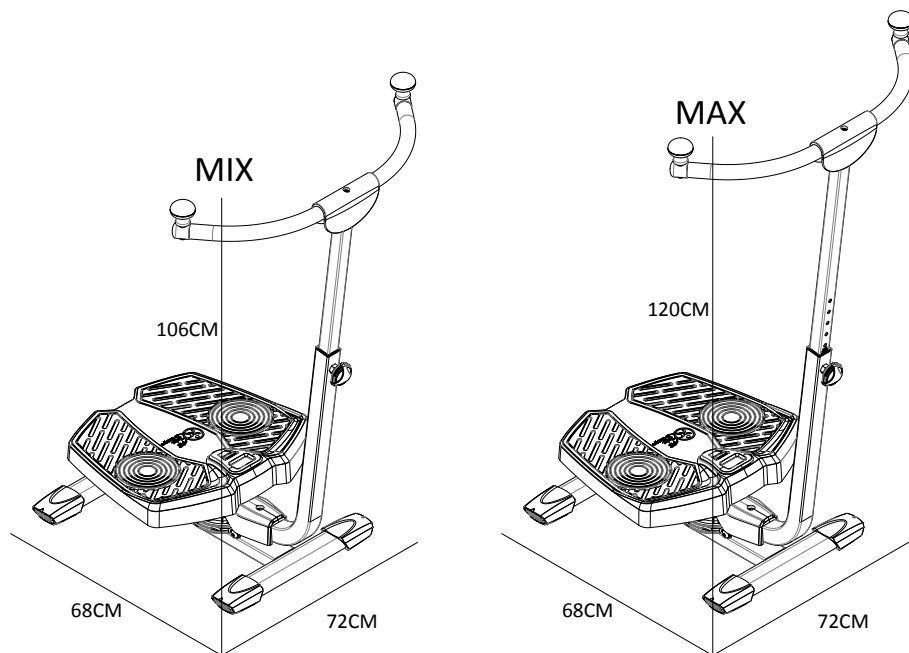


To avoid injury or pinching when moving the unit, secure the base plate by pushing #30 ball-pin in while the base plate (#37) is squarely facing forward.



USE OF PRODUCT

5 LEVELS TO ADJUST HANDLE HEIGHT



MONITOR FUNCTIONS :

- Press "MODE" button to start the display and then select the functions you require.
- SCAN: It will display time duration, repetition count, repetition count per minute, and calories burned.
- TIME: duration of time when exercising.
- COUNT: accumulate the number of times when exercising.
- REPS: average number of times per minute when exercising.
- CAL: auto-memorize amount of calories burned continuously when exercising.

The aforesaid functions are data accumulated from previous ones. To reset the monitor, press and hold "MODE" button for 2 seconds.

This monitor uses one (1) "AAA" battery. If the display shows an unrecognized character on the monitor, please replace with a new battery. The monitor will turn off automatically if no signal input after 4 minutes.



EXERCISE METHOD

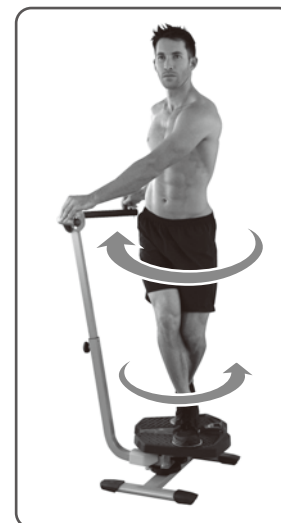
Exercise Mode A

- Step on the base plate
- Hold on to the pucks on each end of the handle bar with your hands.
- Twist to your left then to your right using your core strength.
- Your upper body and lower body should rotate in opposite directions.

For more intensive workout, you can either exercise by:

B) Squat down as you twist left and right using your core strength.

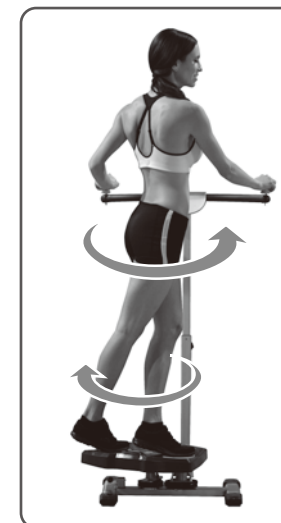
C) The balls of your feet stand on each spin plate then lift both heels and begin twisting left and right.



EXERCISE MODE A



EXERCISE MODE B



EXERCISE MODE C



MAINTENANCE

- Periodically check all parts of the product and screws of all parts to see if they are loose. Lock them if you find any loose parts.
- Use a dry cloth to clean the product after using.
- Keep away from direct sunshine or environment with high temperature and humidity.
- This equipment is not suitable for children. Do not allow children to play on or around it.
- Do not clean the product by abrasive or corrosive cleaners such as gasoline or acetone.



WARM-UP

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.

- Recommended Warm Up Program

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

- Warm-up and Cool-down

Warming up is an important part of your workout, and should begin every exercise session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head forward for one count. Repeat the same movement to the right, again taking one count for each position. Then reverse direction and do the same thing two times to the left.



WARM-UP

SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat right and left shoulder lifts for a total of eight counts.

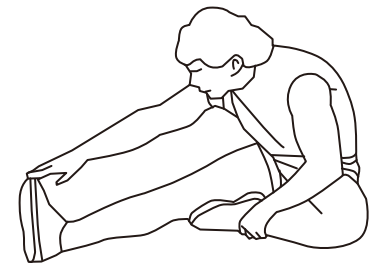


SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with the left arm. Repeat this entire stretch, reaching right and left for a total of eight counts.

HAMSTRING STRETCH

Sit with your right leg extended. Reset the sole of your left foot against your right inner thigh. Stretch toward your right toe as far as possible. Hold for 15 counts, then relax. Repeat with the left leg extended.



INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin areas as possible. Gently push your knees towards the floor. Hold for 15 counts. Repeat again.



WARM-UP

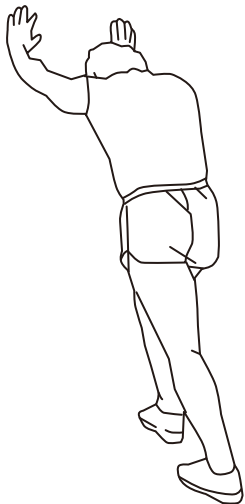


TOE TOUCH STRETCH

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for fifteen counts. Repeat again.

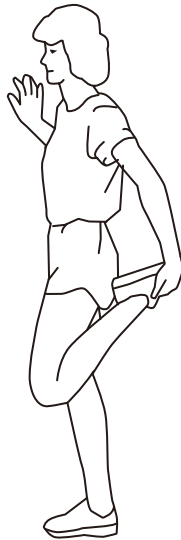
QUADRICEPS STRETCH

With one hand against the wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for fifteen counts and repeat with left foot up. Repeat this entire stretch again.



CALF / ACHILLES STRETCH

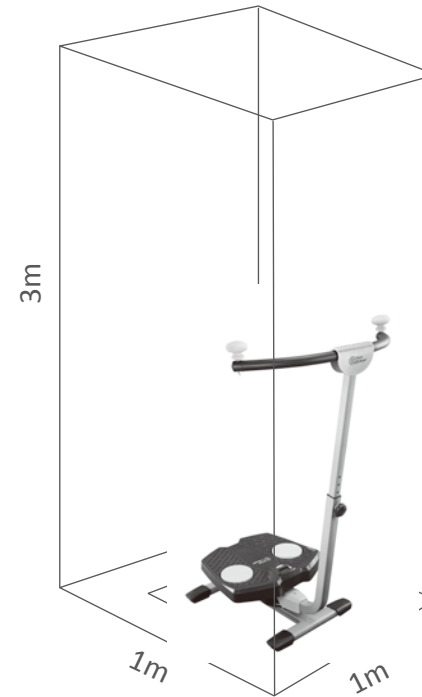
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold then repeat on the other side for fifteen counts.



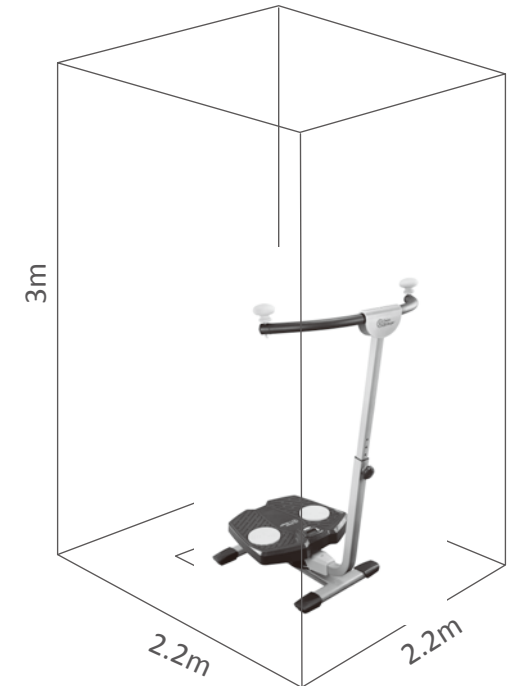
SCOPE OF SAFE USE

For safety, make sure to place the Twist & Shape on a flat stable floor. The equipment should have at least 60 cm of all-around free space.

TRAINING AREA



FREE AREA



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Address : NO.42-3, SEC.3, YA TAN RD., TAN TZU DIST,
TAICHUNG CITY, TAIWAN, R.O.C 42756
Name : Twist & Shape
Type : BJ-10488
Class : H