



Twist Ball™

Use the force of gravity to add challenge to your workout with this versatile exercise tool. Soft, neoprene covers protect your hands while you swing, and the handle easily slips over an ankle for leg extensions and lifts.

Includes 10 Exercises:

- Standing Swing
- Standing Swing with Rotation
- Chest Press
- Overhead Throw
- Ball to Chest
- Arms Overhead
- Single Leg Hop
- Long Leg Tap
- Leg Lift
- Push Up / Leg Lift Combo

Standing Swing



Starting Position:
Standing, feet hip-distance apart, holding Twist Ball™ in both hands, elbows bent with Ball over one shoulder.



B
Swing ball to opposite hip, reaching arms down.



C
Swing ball back up over shoulder.

Standing Swing with Weight Shift



Starting Position:
Standing, with one foot forward, knee bent, other leg back, leg straight, elbows bent with Twist Ball over shoulder of forward leg.



B
Swing ball toward back hip, reaching arms down, rotate torso to that side and hinge forward slightly shifting weight onto back leg in a deep squat.



C
Swing ball back up over shoulder rotating to the front and lengthening back leg.

Chest Press



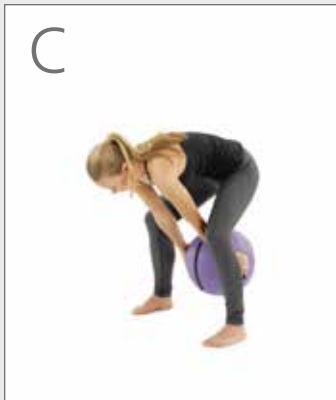
A

Starting Position:
Standing in a wide offset position, with one leg slightly back of the other. Holding Twist Ball™ in both hands, elbows bent with ball in toward chest.



B

Press ball forward as in a throw.



C

Then let it swing down between the legs.



D

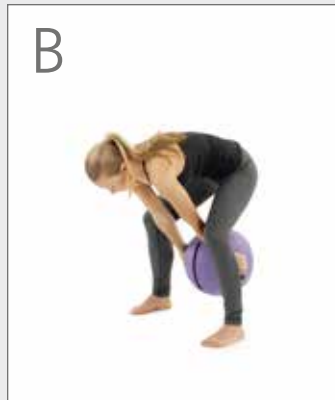
Swing ball back up and in toward chest.

Overhead Throw



A

Starting Position:
Standing in a wide offset position, with one leg slightly back of the other. Holding Twist Ball in both hands, elbows bent with ball overhead or slightly behind head.



B

Press ball forward as in a throw, then let it swing down between the legs.



C

Swing ball back up and overhead.

Ball to Chest



Starting Position: Lying on back, knees bent in a wide leg position, holding Twist Ball™ in both hands, arms reaching overhead.



Reach ball up toward ceiling and roll up off mat, bringing ball between legs.



Then rotate torso to one side, dropping knees toward mat in a staggered position, pulling ball in toward the chest.

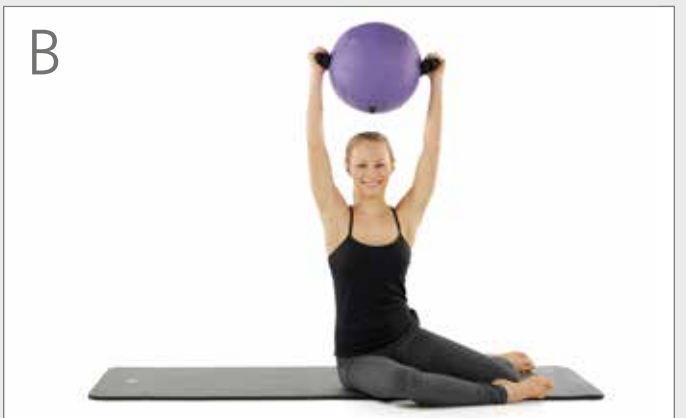


Rotate back to the front and roll down to the mat, arms overhead.

Arms Overhead



Starting Position: Lying on back, knees bent in a wide leg position, holding Twist Ball in both hands, arms reaching overhead.



Reach ball up toward ceiling and roll up off mat, keeping arms overhead, then rotate torso to one side, dropping knees toward mat in a staggered position.



Rotate back to the front and roll down to the mat, arms overhead.

Single Leg Hop



Starting Position: Lying on one side, Twist Ball™ under upper rib cage, bottom elbow on mat, hand supporting head, top hand behind head, bottom hip lifted off mat with bottom knee bent on mat, creating a straight line from the knee to the top of the head, top leg straight with foot on mat.



Hold torso still and lift the top leg.



Return.

Long Leg Tap



Starting Position: Lying on one side, Twist Ball under upper rib cage, bottom elbow on mat, hand supporting head, bottom hip lifted off mat with bottom leg long, creating a straight line from the foot to the top of the head, top leg long with foot on mat in front of bottom leg, top hand resting on the mat, on the ball or behind the head.



Hold torso still.



Lift the top leg over the bottom leg and tap on the mat, behind bottom leg.



Return.

Leg Lift



Note: Velcro strap of Twist Ball™ wrapped around one ankle with ball on the front of the foot.
Starting Position: Plank position, both legs long, one foot on mat, other foot on ball, hands directly under shoulders.



Flex and extend elbows for one push up.



Then lift leg with ball off the mat.



Lower leg to continue.

Push Up / Leg Lift Combo



Starting Position: Modified plank position with one knee on the mat, other foot on ball with leg long, hands directly under shoulders.



Shift weight forward slightly and flex and extend elbows for one push up.



Shift weight back and lift long leg off the mat.



Lower leg to continue.

WARRANTY, CARE AND USAGE FOR TWIST BALL™

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.



2200 Yonge Street, Suite 500
Toronto, Ontario, Canada M4S 2C6
416.482.4050 | 1.800.910.0001

