

## TRIPLE TWISTER / WAIST TRIMMER (3 SIDED)

### **SPECIFICATIONS :**

#### Function:

- Train waist joints and enhances their flexibility and the cardiopulmonary function

#### Instruction:

- Hold the handrail with both hands (distance between hands same as distance between shoulders) and stand on turn-disc, lean upper body forward slightly and twist the lower body clockwise and anticlockwise.

#### Specifications:

- Main pipe Diameter: 127 mm
- Thickness: 3 mm
- Base plate Diameter: 200 mm
- Thickness: 10 mm
- Powder coating
- Size: 1775x1775x1475 mm

