

## STANDING & SITTING TWISTER

### SPECIFICATIONS :

#### Function:

- Waist Twister: This apparatus is beneficial to the muscle groups of waist and back while rotating

#### Instructions:

- Waist Twister: Hold the black handles with both hands while keeping your feet steadily on the rotating disc.
- Then, move your waist from left to right and right to left repeatedly.

#### Specifications:

- Main pipe Dia- 127 mm
- Thickness- 3 mm
- Base plate Dia- 200 mm
- Thickness- 10 mm
- Powder coating
- Size: 1140x865x1575 mm

