

WARM UP

Before working out on the Twist & Shape let's start with a warm-up routine to loosen those joints and muscles. This is the key to reducing the risk of injury prior to doing any workout.

When you have properly stretched and warmed up your body and ready to workout on the Twist & Shape, it is important to first adjust the height of the handle bar to suit your comfort zone. Doing exercise properly will ensure better result.



1

Reach back and grab your left foot. Hold it back and keep your abs tight, hips facing forward. Stretch your left quadricep. Hold and breathe naturally.

Do the same as the other leg. Reach back, grab your right foot and put the other arm out for balance.

Tighten those abs and stretch out your right quadricep.



2

Place your left foot forward and sit back as you put most of your weight on your right foot. Reach back and stretch your left hamstring all the way.

You can leave your toes up and lean forward a little for a deeper stretch.

Switch legs. Now place your right foot forward and sit back as you put most of your weight on your left foot and really stretch that hamstring.



3

Reach your left leg all the way back for a big lunge. Raise both arms over your head and slightly bend that back leg. Breathe naturally and hold your balance there. Release the arms and come back together.

Now reach your right leg all the way back for a big lunge. Raise both arms over your head and slightly bend that back leg. Breathe naturally and hold your balance. Release the arms and come back together.



4

Stand naturally with feet shoulder width apart. Bring your left arm across the body, and secure it with your right arm above the elbow.

Be sure not to put any pressure on the joint. Breathe naturally, then release.

Now switch and bring your right arm across the body, and secure it with your left arm above the elbow. You want to feel that stretch, then release.



5

Stand naturally with feet shoulder width apart. Clasp both hands behind your back. Pull those arms up toward the ceiling as you open up your chest. Release and breathe out.





EXERCISE CHART

Welcome to the Twist & Burn workout training program. If you commit to use the Twist & Shape for 20 minutes a day, 4 days a week, and following the eating guide, you will begin to see the result very soon.

This machine will help you get started on your fitness journey and get you on the right track by sculpting your body and getting into great physical shape.

WARNING

Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for using the Twist & Shape. This is especially important if you are over the age of 35, have never exercised before, pregnant or suffer from any illness. If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.



LET'S GET STARTED 20-MINUTE WORKOUT

STAND UP & TWIST



1. Place both feet on top of corresponding spin discs, feet shoulder width apart and toes pointing forward. Place hands over handle knobs with arms slightly bent in comfortable position.

2. Slightly bend the knees and twist from side to side. Be sure to extend to full range of motion when twisting. Continue for one full minute.

TIP: When performing the Stand Up & Twist, keep your posture upright and relax your shoulders while feeling the tightening of your abs and obliques.

► Duration: 2 minutes x 2 reps

TWIST & SQUAT



1. Squat down and keep twisting from side to side engaging your quadriceps.

2. While keeping your abs engaged, slightly sit back and put more weight on your heels. Be sure you can wiggle those toes, and make sure not to put pressure on your knees.

► Duration: 2 minutes x 2 reps

SPIN & TWIST



1. Place the ball of your feet on the spin plates. Lift your heels and begin to twist from side to side. As you twist on the spin plates, be sure to stand nice and tall and glide smoothly like a ballet dancer.

2. Always keep an upright posture and keep your abs, buns and thighs engaged as you glide from left to right and right to left.

► Duration: 2 minutes x 2 reps

LOW SPIN & TWIST



1. While balls of your feet are placed on the spin plates and your heels lifted, squat down and twist from side to side.

2. Be sure to keep a full range of motion and you should begin to feel the burn on your quads, hamstrings, buns and abs.

TIP: When performing the Low Spin & Twist be sure to keep breathing and take necessary breaks.

► Duration: 2 minutes x 2 reps

TWIST & DIP



1. Place your feet parallel from each other over the spin plates while keeping the heels down. Twist from side to side while performing squatting then standing up.

2. Keep your rhythm and be sure to keep a full range of motion, and you should feel it in your abs, obliques, buns and thighs.

► Duration: 1 minutes x 2 reps

STEP UP & TWIST



1. While twisting to the right, extend your left leg back until your toes touch the ground as you are doing a lunge. Bring left leg back to the base plate as you center the handle bar. Repeat for 30 seconds, then begin twisting to the left using your right leg for 30 seconds.

2. Be sure to keep your upper body upright. You will feel your arms, abs, thighs, calves and buns tightening.

TIP: Keep your foot that is not doing the lunge in the middle of the base plate for more stability.

► Duration: 1 minutes x 2 reps