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MADE IN CHINA

TS_ENG_V2_160112



BJ-10488



Twist & Shape® 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

Safety Instructions	01
Accessories diagram	03
Product assembly	04
Use of product	12
Exercise method	14
Maintenance	14



WARNING

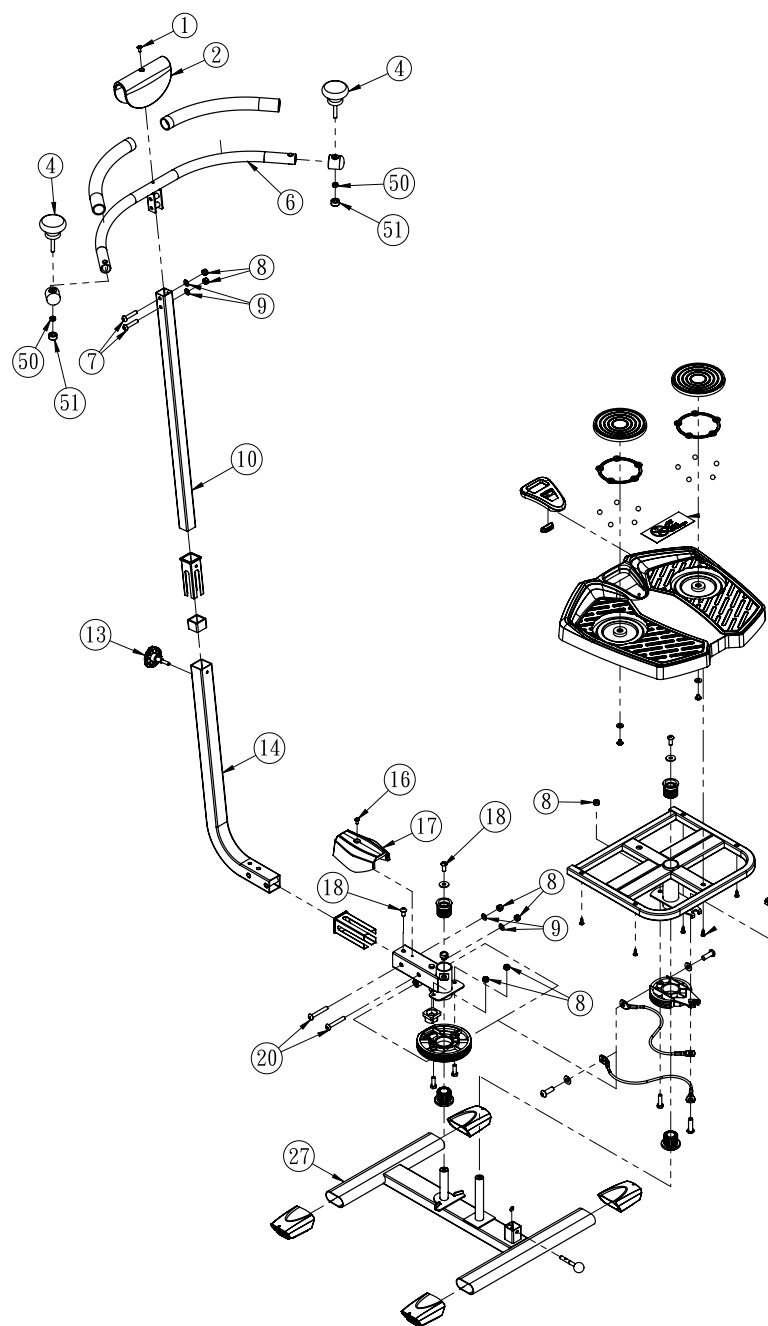
1. Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 65 or have pre-existing health problems. We assume no responsibility 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 0.5 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 tighten and in proper 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 proper 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.



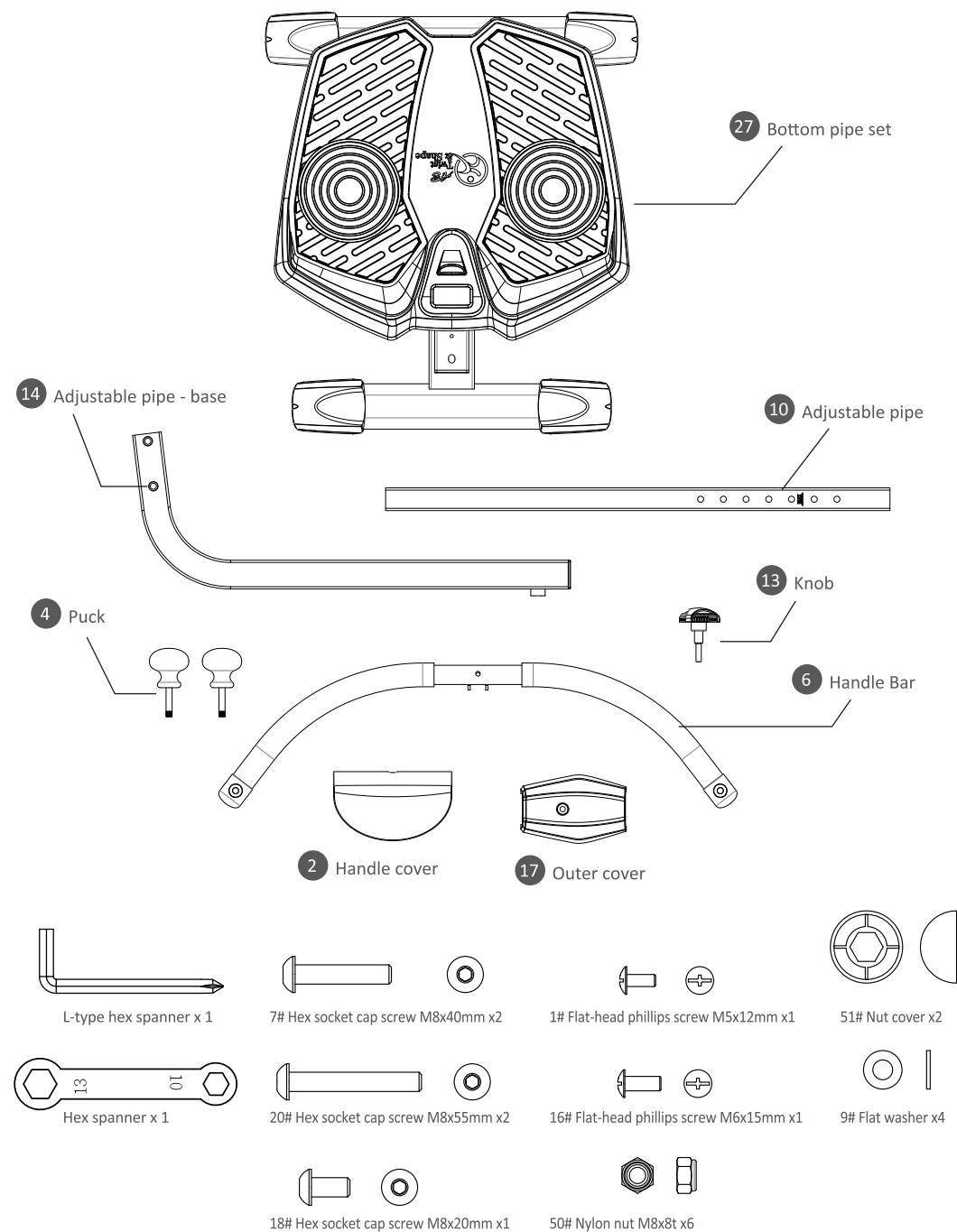
To avoid injury or pinching when moving the unit, secure the base plate by pushing #30 ball-pin in while the base plate (#37) is squarely facing forward.



EXPLODED VIEW



ACCESSORIES DIAGRAM

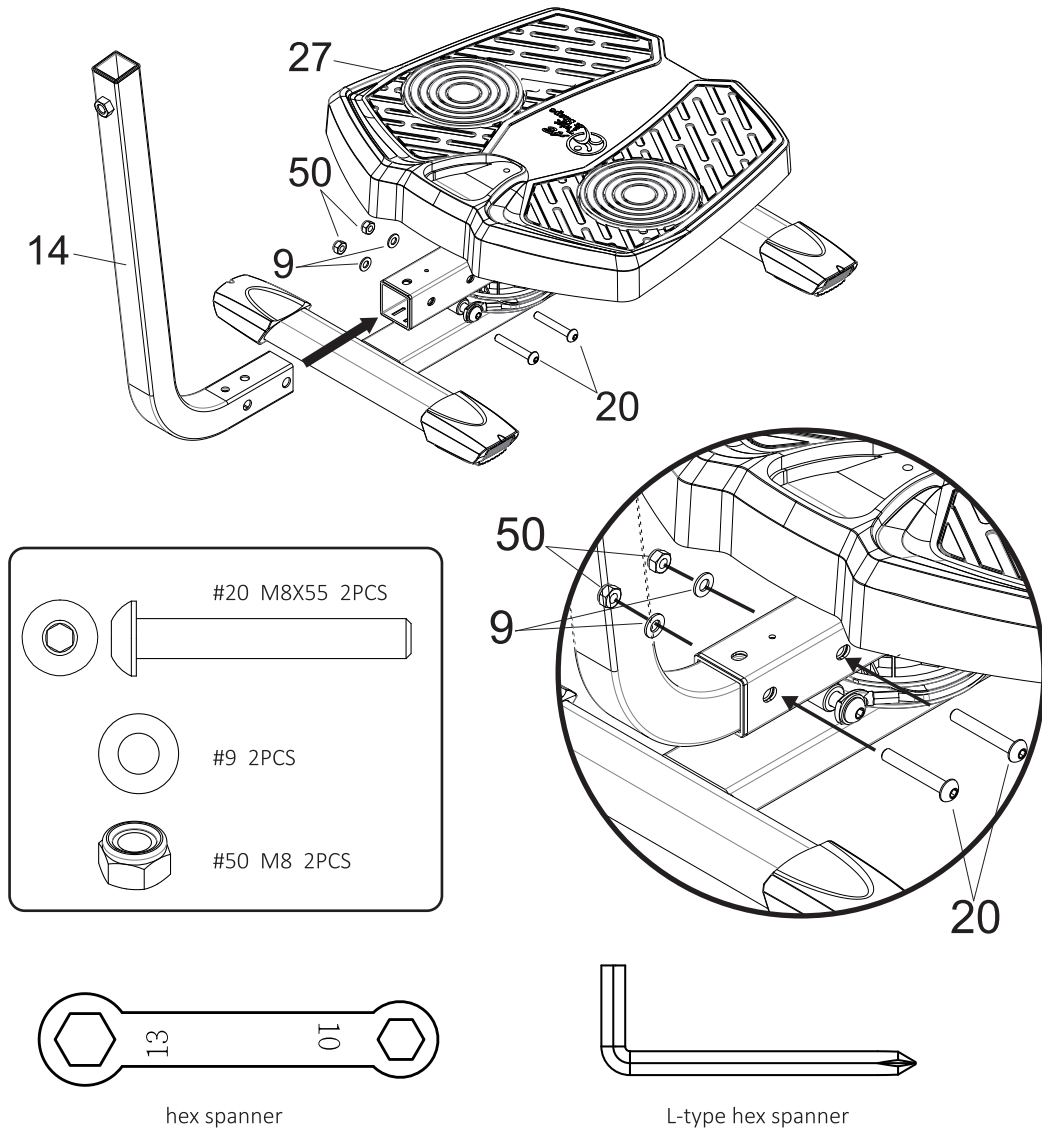




PRODUCT ASSEMBLY

1

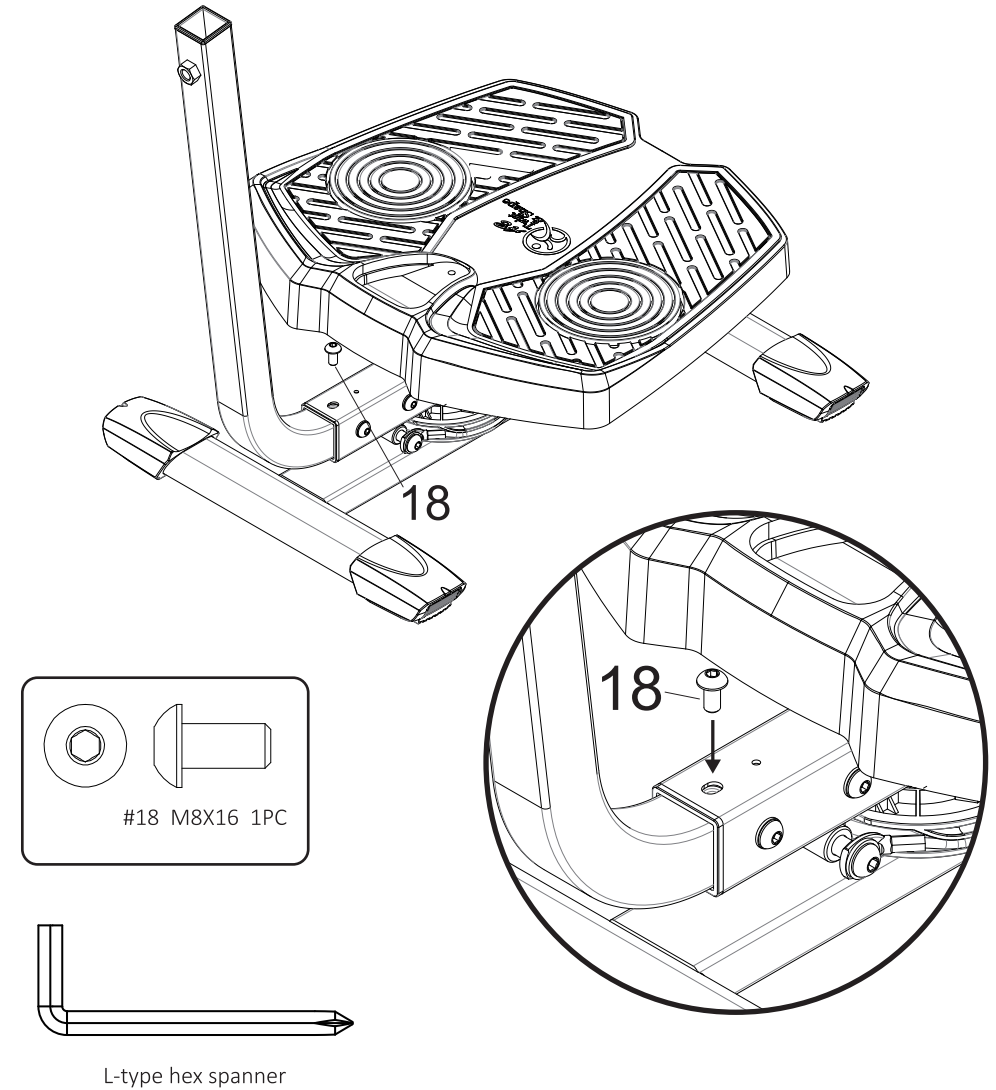
Insert the (14) Adjustable pipe – base into the (27) Bottom pipe set. Lock the (20) hex socket screw M8 x 55L, (9) flat washer x 2, and (50) Hex nut M8 x 2 by using the hex spanner and the L-type hex spanner. Both (20) hex socket screw M8 x 55L shall be tightly locked.



PRODUCT ASSEMBLY

2

Lock the (18) hex socket screw M8 x 16 by using the L-type hex spanner.

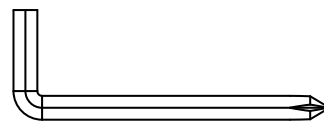
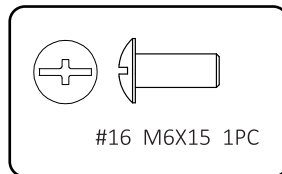
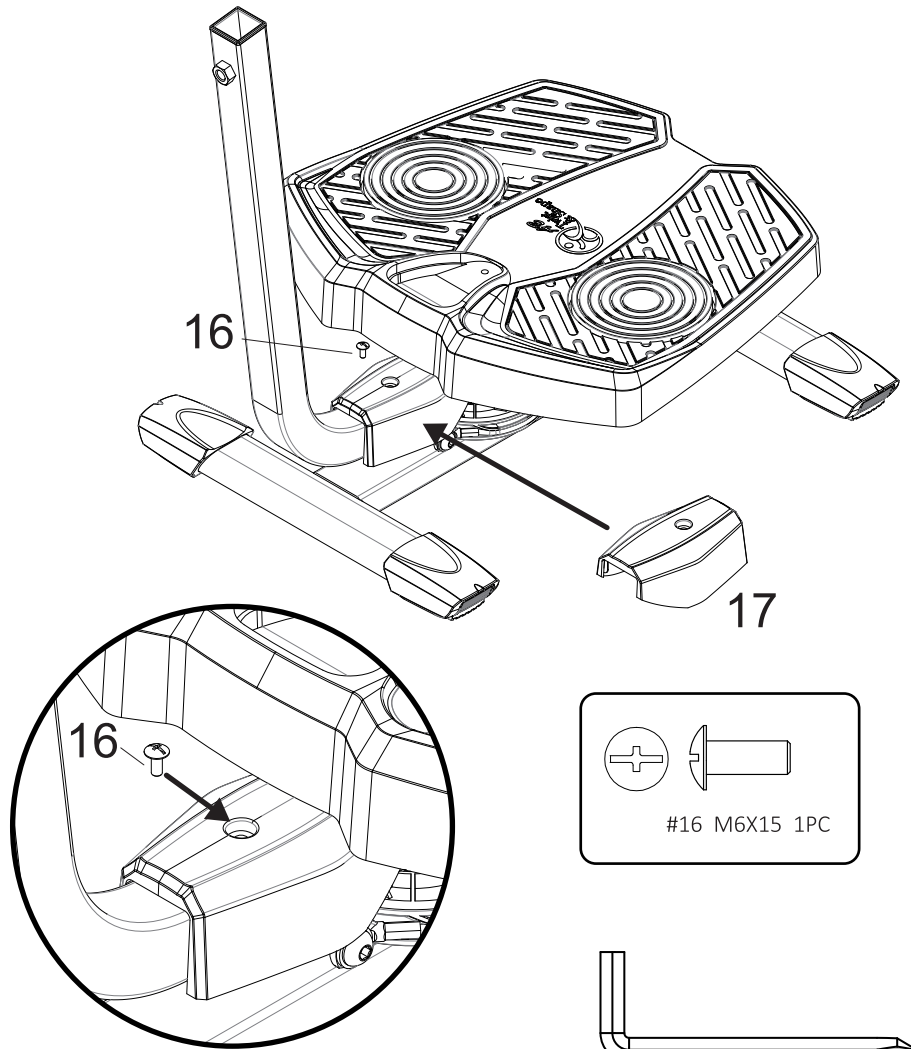




PRODUCT ASSEMBLY

3

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



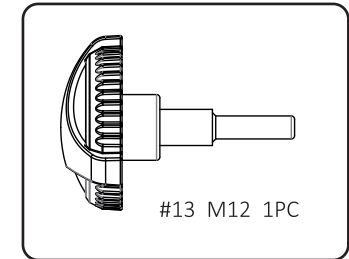
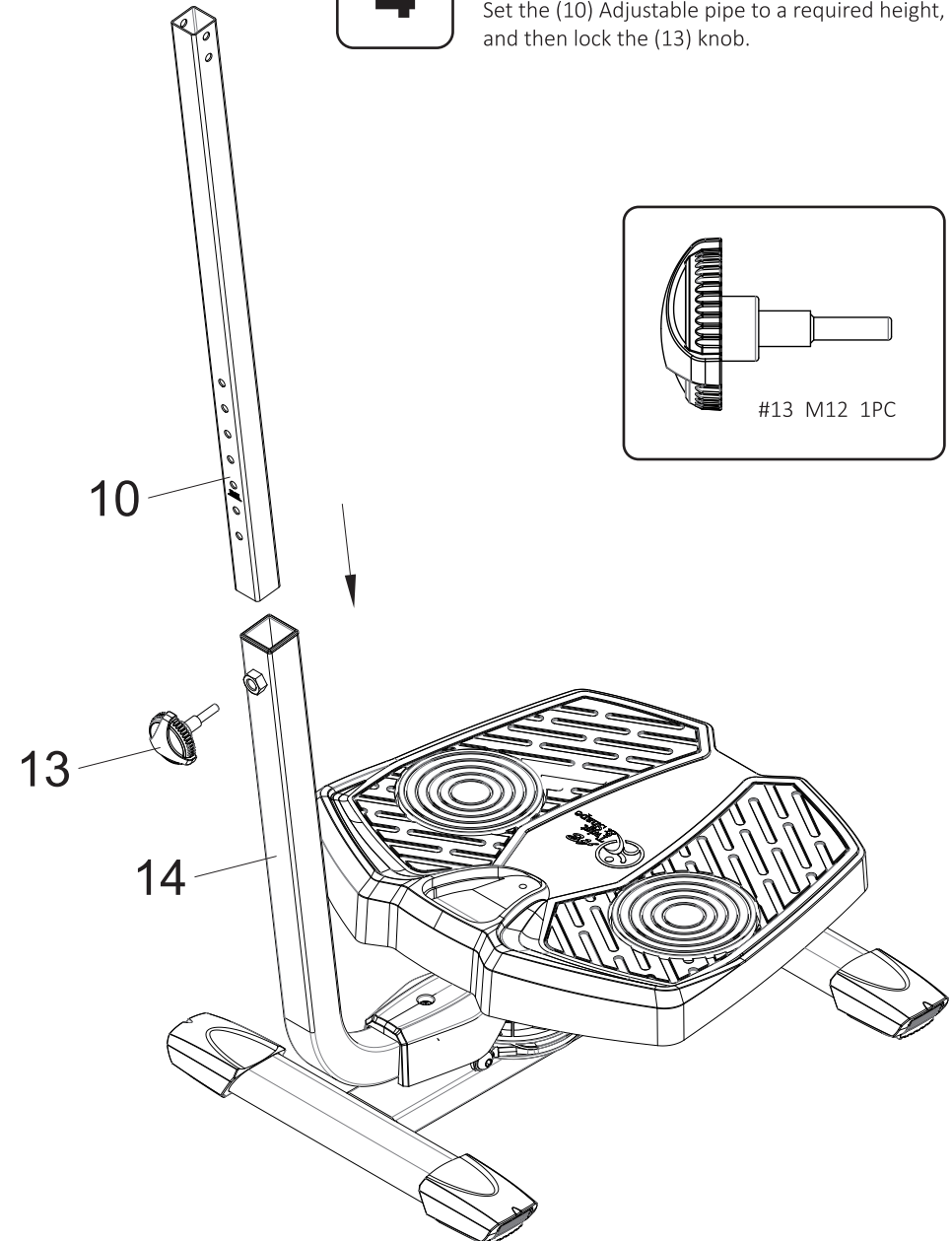
L-type hex spanner



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.

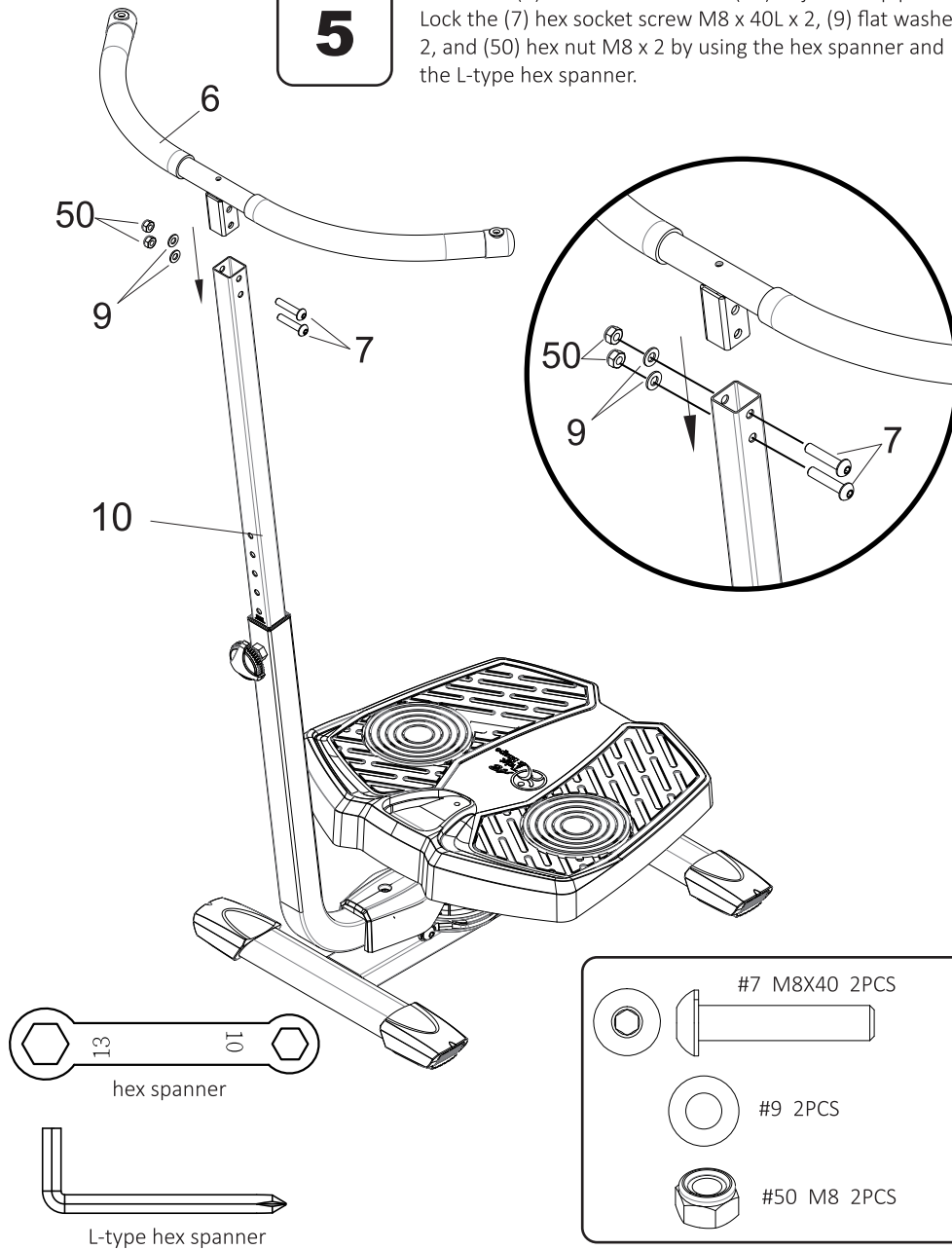




PRODUCT ASSEMBLY

5

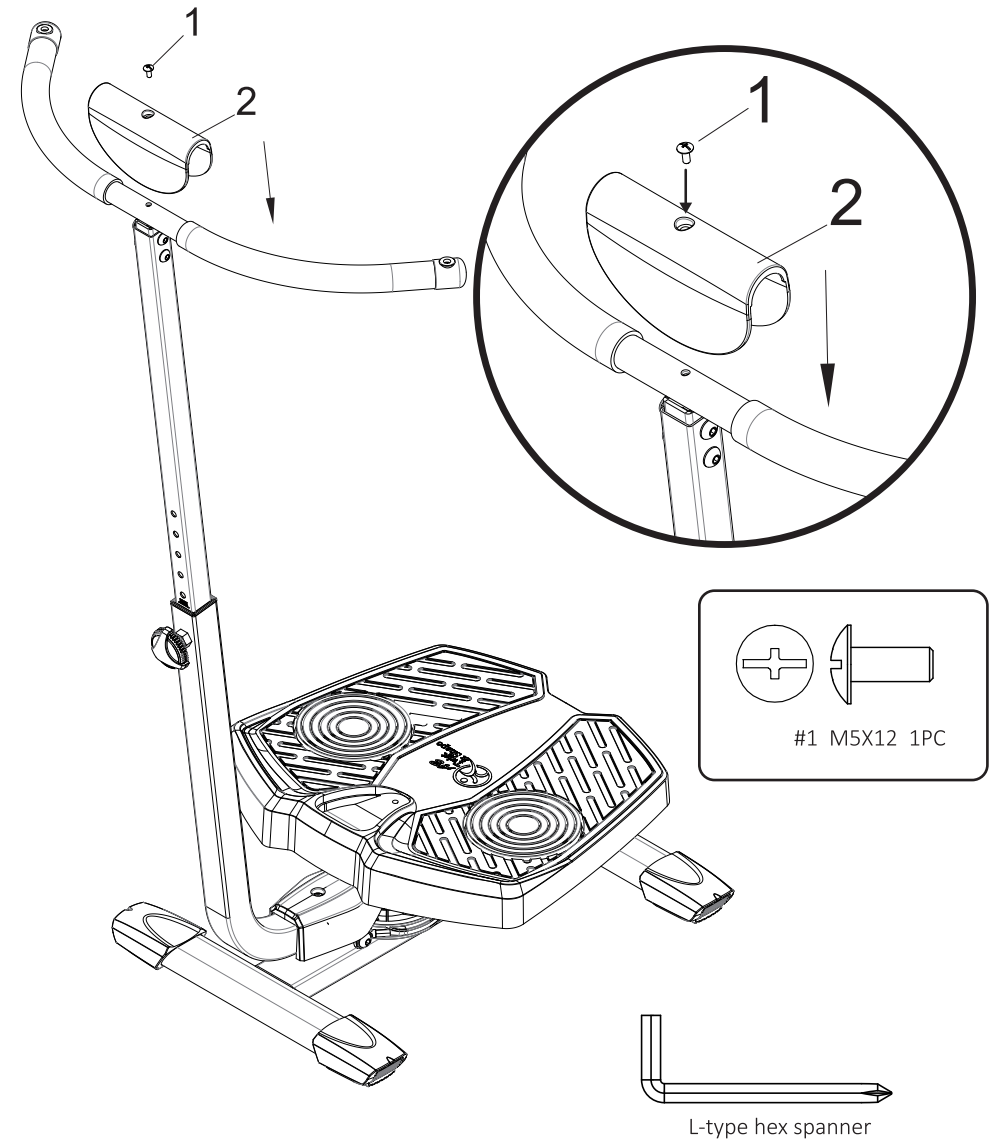
Insert the (6) Handle Bar into the (10) Adjustable pipe. Lock the (7) hex socket screw M8 x 40L x 2, (9) flat washer x 2, and (50) hex nut M8 x 2 by using the hex spanner and the L-type hex spanner.



PRODUCT ASSEMBLY

6

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

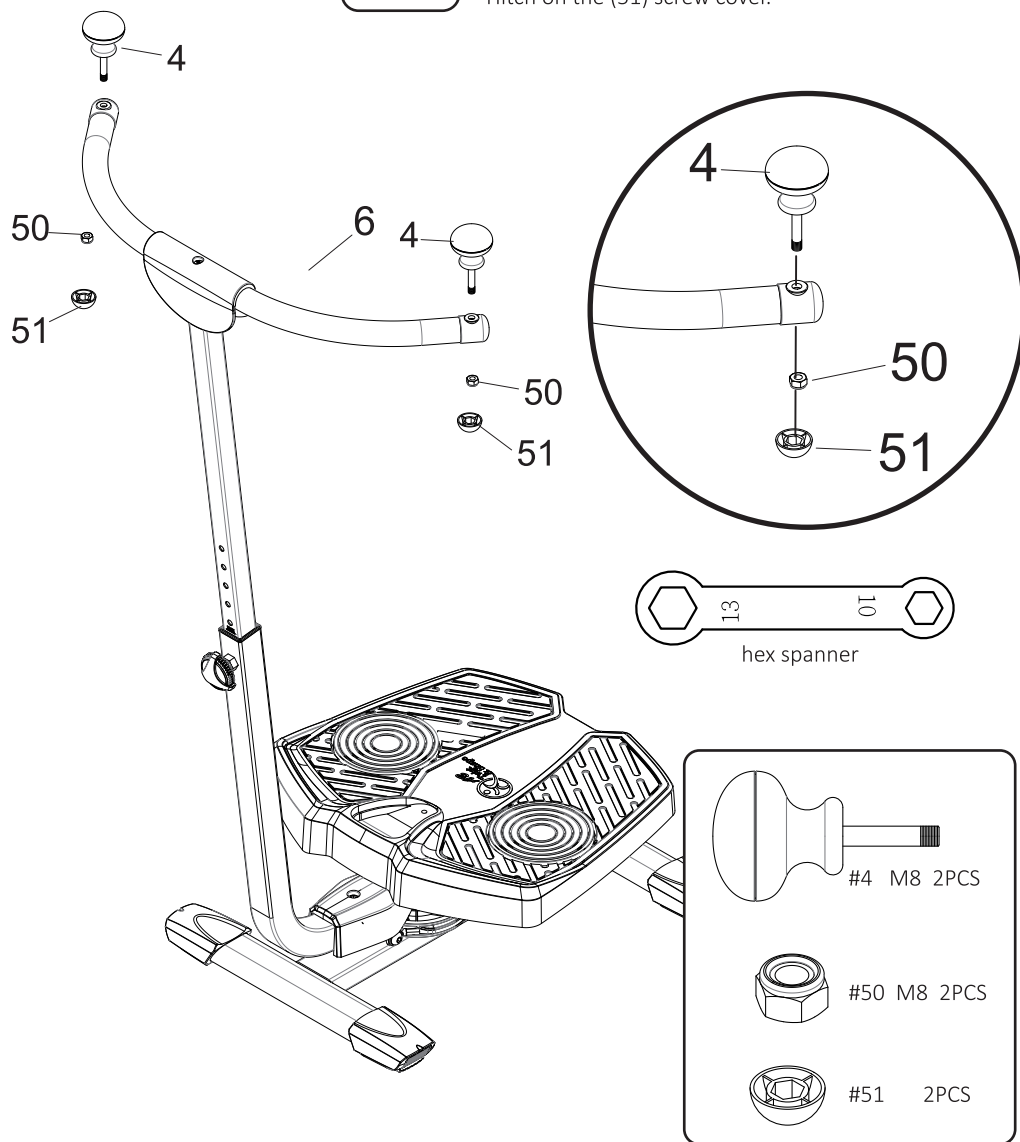




PRODUCT ASSEMBLY

7

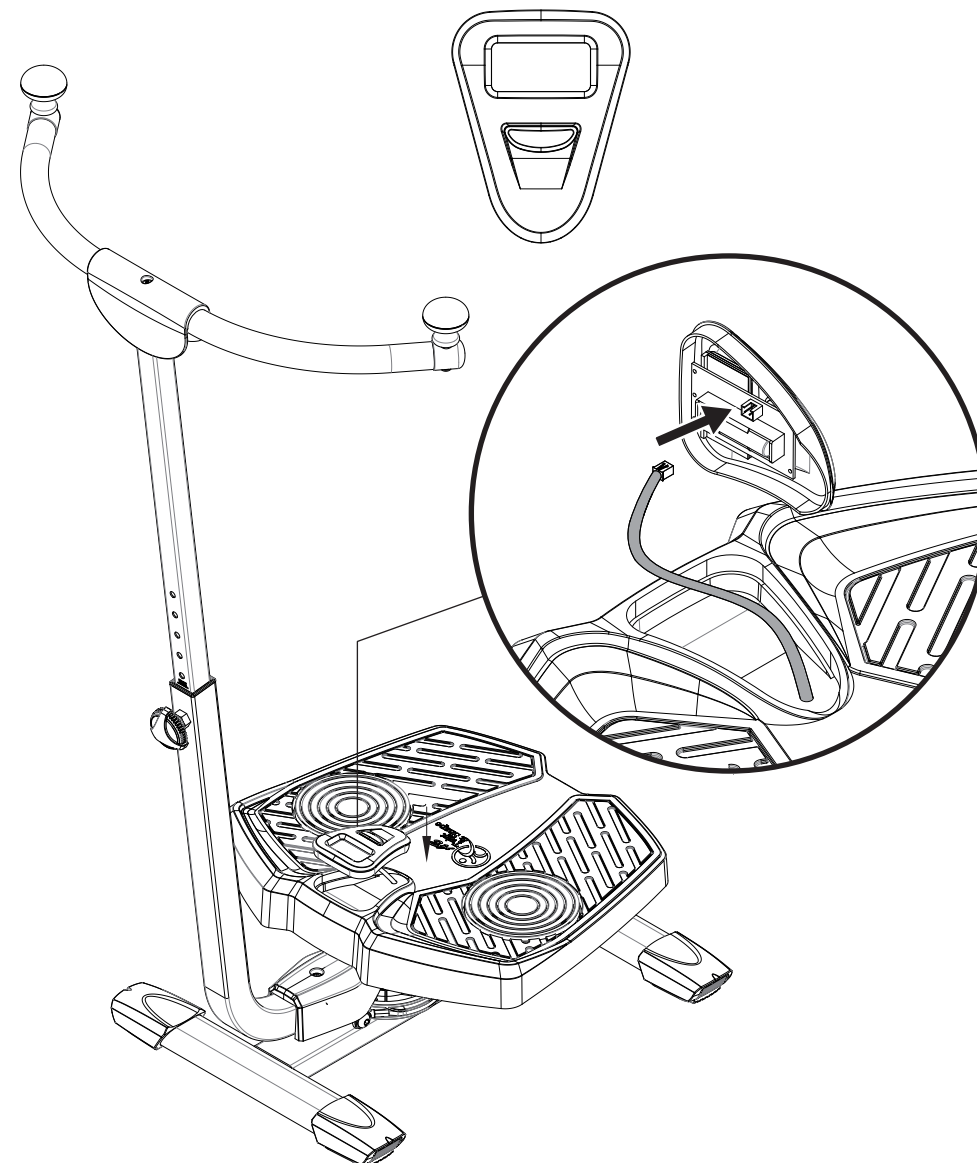
Insert the (4) pucks into both ends of the (6) handle pipe, and lock them from the bottom by two (50) hex socket nut M8 x 5.5T. Hitch on the (51) screw cover.



PRODUCT ASSEMBLY

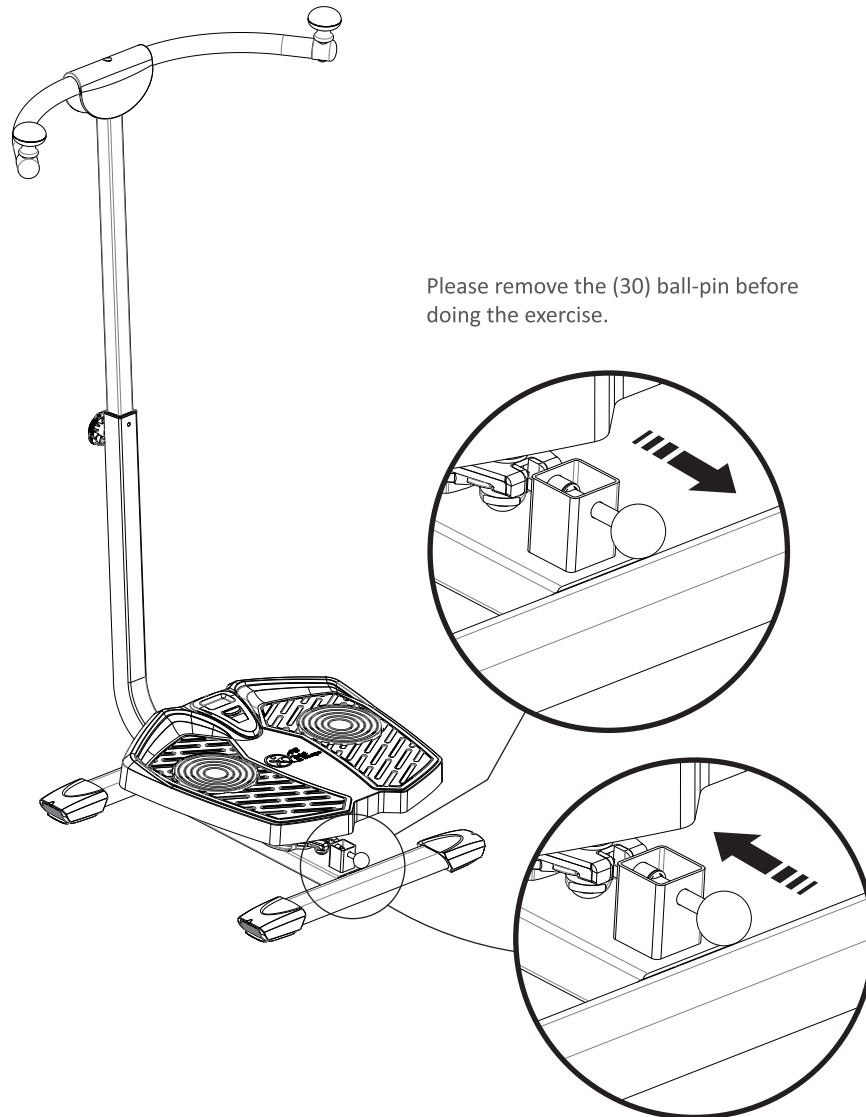
8

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





USE OF PRODUCT

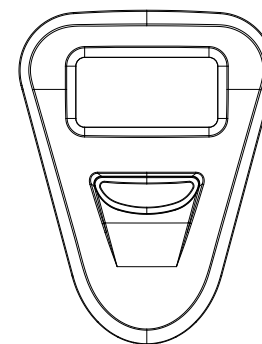
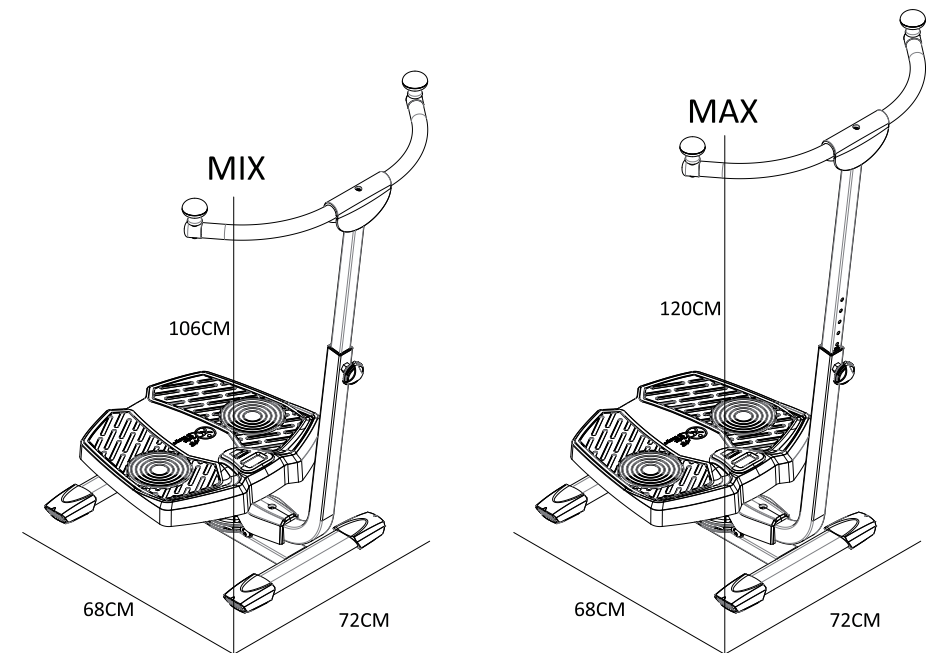


To avoid injury or pinching when moving the unit, secure the base plate by pushing #30 ball-pin in while the base plate (#37) is squarely facing forward.



USE OF PRODUCT

5 LEVELS TO ADJUST HANDLE HEIGHT



MONITOR FUNCTIONS :

- Press "MODE" button to start the display and then select the functions you required.
- 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 unrecognized character on the monitor, please replace brand 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.

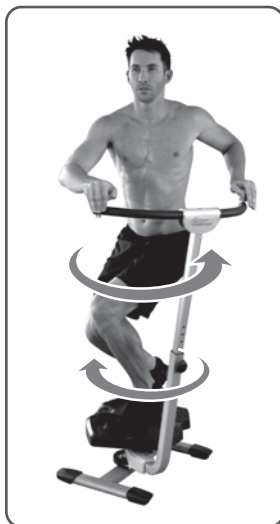
For more intensive workout, you can either exercise by:

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

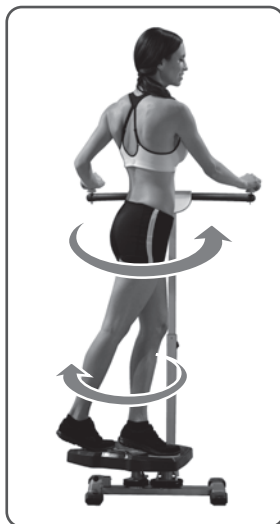
C) The balls of your feet stand on each spin plate then lift both heels and begin twisting left and right.



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.