

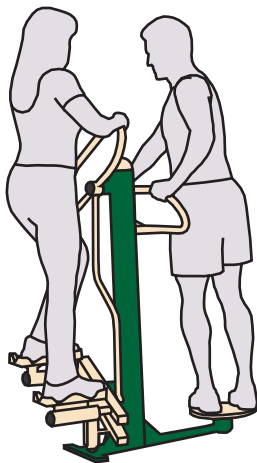
# STEP AND TWIST

*Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.*

The Step and Twist offers two unique exercises: the Stepper strengthens your legs and can improve your cardiovascular fitness. The Standing Rotator stretches your core and hips.

## **STEPPER:**

1. Grasp the handlebar in front of you and place your feet on the pedals.
2. While keeping your back straight, step up and down without hitting the bottom.
3. Continue for several minutes to increase your heart rate while keeping your breathing rate steady.



## **CORE AND THIGH STRETCH:**

1. Grasp the handle and slowly step onto the rotating disc. Slightly bend your knees and keep your back straight.
2. Focus on your core to rotate your lower body back and forth.
3. Hold the stretch for a few seconds before rotating to the other side.
4. Repeat several times and slowly increase your range of motion.

QR Code for Smart Phone

