

EP&D

Experimental Products and Designs cc

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The Health Twister is a unique and comprehensive exercise and wellness innovation, which will give you great and improved core muscle strength, targeting the muscle belt surrounding and supporting your spine. Strengthen your lower back muscles and prevent muscle pains and strains while you are slimming and trimming down the waist line.

Exercise Routine

A regular daily workout of 5-10 minutes will stimulate organ activity, increase circulation and improve cardiovascular fitness without any impact on joints, ligaments or the spine.

Perfect as a warm up exercise for any sport activity, the Health Twister is suitable for people of all ages as a great way of toning and defining, significantly improving balance and fitness.

The Health Twister is easily used in most environments, extremely lightweight and compact and ensures the maintaining of a regular twisting routine.

Getting Started

The Health Twister is a free spinning disc and works on the simple principle of body balance. Notice how your core muscles contract as soon as you stand on the Health Twister. Your body does this instinctively to keep you balanced and upright.

Make sure your Health Twister is placed on even ground. (carpets, tiles, etc.)

Stand relaxed on your Health Twister, bend your knees slightly to shift the weight of your torso from the lower back to the legs. This will prevent back strains and strengthen your lower back muscles.



Keep your shoulders in a straight line and twist your body from the waist, extending the twist fully on either side.

Swing your arms back and forth to counter balance the twist of your lower body.

Depending on your ability to keep your balance it might take a little bit of practice to get it right.

Remember, the more you twist, the better your balance becomes. Try it!

While exercising, it is important to keep your back as straight and upright as possible. Keep your eyes focused straight ahead on a point on your visual horizon. This will help to keep you balanced and improve your posture.

Detox

When exercising barefoot on your Health Twister you usually notice increased perspiration and over longer periods of time, some light headedness. Detoxification of your organs is taking place! Based on the ancient healing power of reflexology, the raised massage foot pads on your Health Twister stimulate the Meridian points on the soles of your feet, thus activating your organ function helping to expel toxins more effectively from your system.

As mentioned above, this process may result in some light headedness. Initially a 5 min detox session is recommended for beginners, to be gradually increased with practice.

In order to facilitate the detox process, it is advised to drink luke warm water before exercise and during exercise intervals.



Realigning the Spine

Your Health Twister can help you realign the spine in the following way. Stand on your Health Twister and hold on to a stationary point, gently twist to a full extension and hold the position there for a few seconds. Twist back and reach a full extension in the other direction and hold your position there. This will enable you to stretch gently but to a full extension without exerting undue strain.

Your Health Twister is a great impact free alternative to get your fitness in check, burn calories, trim and tone, strengthen and improve your general health and wellness.