



## GF-18002

### Seated Hip Twister



#### Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 1060×500×1370mm

**Training Space:** ∅2000×2160mm

**Safe Area:** ∅3500×3660mm

**Free Height of falling:** 660mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Strengthening muscles on abdomens, lower back, and hips, while Improves flexibility.

## DIRECTION

1. Take hold of the handles, and sit on the saddle;
2. Gently turn the lower body from one side to another;
3. Swing to a comfortable & controlled position;
4. Increase duration as fitness improves.

Certification

EN 6630:2015



TÜV Rheinland  
EN16630 Tested