

Twister



INFORMATION FOR USE / EXERCISE PROGRAMME

Before the start of the exercise turn the seat/foot plate in such a way that the marking (arrow) on the plate points exactly in the direction of the central column.

SEATED EXERCISE „1st RUN-TROUGH“

Sit down on the rotating seat component. Hold the handle firmly using both hands and put both feet on the footrest. Turn the seat component slowly and evenly out from the hip to the left and right. Move in a controlled way, without swinging. Elbows should be relaxed and facing the ground. While turning, the head and upper body should remain upright and facing towards the handle. Enjoy the stretching and relaxation in your back.

STANDING EXERCISE „1st RUN-TROUGH“

Halten Sie sich mit beiden Händen am Handgriff fest, und stellen Sie sich mit beiden Füßen auf die drehbare Trittpläche. Beugen Sie Ihre Knie leicht, und drehen Sie langsam ohne Schwung gleichmäßig aus der Hüfte heraus die Trittpläche nach links und rechts. Achten Sie darauf, den Oberkörper dabei nicht mit zudrehen.

SEATED EXERCISE „2nd RUN-TROUGH“

Mit zunehmender Beweglichkeit versuchen Sie, die Bewegungsamplitude (Bewegungsweite) zu vergrößern und die Bauchmuskulatur aktiv anzuspannen. Nach einer gewissen Übungszeit können Sie mit den Händen immer wieder andere Positionen am Handgriff einnehmen oder die Geschwindigkeit der Übungsdurchführung erhöhen. Versuchen Sie dabei, die Bauchmuskulatur durchgängig leicht angespannt zu halten.

STANDING EXERCISE „2nd RUN-TROUGH“

While turning, bend your knees slightly, similar to the movement when skiing („wedel“ movement).

ADDITIONAL STANDING EXERCISE „KEEPING BALANCE“ Stand on the footplate and release your hands one after another from the handle. Ensure you are balanced and now carefully lift up one foot approx. 10 cm in front of you. Keep your balance. Change the supporting leg after approx. 20-30 seconds. If you become unsteady, grasp hold of the handle again.



DURATION

As desired

RECOMMENDATION

First carry out the seated exercise, then the standing exercise spending 1-2 minutes on each. Go through the process twice
To finish, practise keeping your balance for 1-2 minutes

MAIN FUNCTIONS

Turning the body in a spiral manner, in both seated and standing positions, does not only promote the mobility of the spinal column but also relaxes, extends and strengthens the back, hip and buttock muscles at the same time. The standing exercise also trains the sense of balance .

ACCORDING TO OLD CHINESE TRADITION

The gentle rotations mobilise the spine and ease blockages. The turning movement of the torso primarily expands the meridians of the liver/gall bladder and lungs. Energy distribution in the body and vital functions are stimulated. Massage of the lungs stimulates oxygen exchange and hence at the same time brain activity.