

## SKEINGD MUUBVNMAW

# SKEINGD Twister Arm Trainer Instruction Manual

Model: MUUBVNMAW

## 1. INTRODUCTION

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This manual provides instructions for the safe and effective use of the SKEINGD Twister Arm Trainer, Model MUUBVNMAW. This adjustable strength training device is designed to enhance upper body musculature, including arms, chest, and back. Please read this manual thoroughly before initial use and retain it for future reference.

## 2. SAFETY INFORMATION

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Before using this equipment, please read all safety instructions. Consult a physician before starting any new exercise program. Always warm up before exercising and cool down afterwards. Do not use if any part of the equipment is damaged. Keep out of reach of children. Ensure a clear space around you during exercise. Do not overexert yourself.

- Always inspect the device for any signs of wear or damage before each use.
- Ensure a firm grip on the handles during exercise to prevent slippage.
- Perform exercises in a controlled manner; avoid sudden or jerky movements.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Do not modify the equipment in any way.

## 3. PRODUCT COMPONENTS

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The SKEINGD Twister Arm Trainer consists of a durable metal frame, high-strength metal springs, and comfortable, non-slip foam handles. Its leather-covered metal exterior is designed for user safety and comfort.

## High-Quality Materials

- *Its leather-covered metal exterior prevents workout injuries*
- *The handles are made from thick, non-slip foam ensuring comfort and gri*
- *High-strength metal springs*

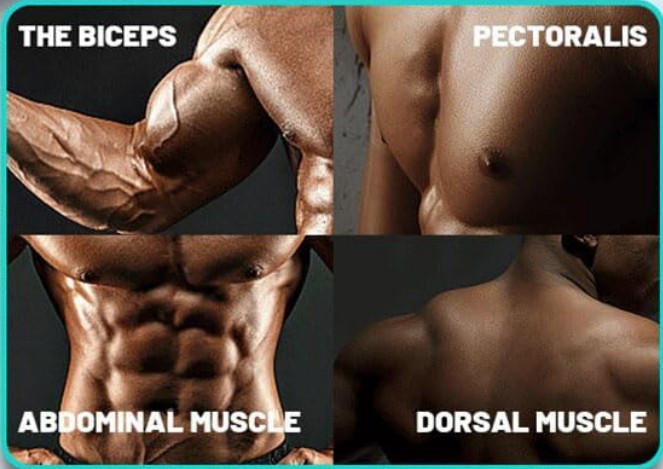


*Close-up view of the SKEINGD Twister Arm Trainer showing its high-quality materials, including the leather-covered metal exterior, non-slip foam handles, and high-strength metal springs.*



# Unique Full-Body Fitness Equipment

*This strength rod precisely targets multiple muscle groups including the making your workout efficient and comprehensive*



*The Twister Arm Trainer features a detachable design for easy portability and storage.*

## 4. SETUP AND ASSEMBLY

The SKEINGD Twister Arm Trainer features a detachable design for portability and easy storage. To assemble, align the components and securely connect them. Ensure all parts are firmly attached before use.

# How to assemble and size



An image illustrating the assembly process of the Twister Arm Trainer, showing how the components fit together to form the complete device, along with its approximate dimensions (26 inches / 66.5 cm length, 6.9 inches / 17.5 cm width).

Video demonstrating the assembly and basic function of a similar twister bar, showing how it can be collapsed and expanded for use.

## 5. OPERATING INSTRUCTIONS

The SKEINGD Twister Arm Trainer offers three intensity levels (20 kg, 30 kg, 40 kg) to suit various strength levels. It is designed for multidirectional exercise, targeting multiple muscle groups including the biceps, pectorals, abdominal muscles, and dorsal muscles. Hold the handles firmly and apply controlled pressure to compress the springs. Perform repetitions slowly and with control.

### Selecting Intensity Levels

The trainer provides adjustable resistance. Choose an intensity level that challenges you without causing strain. Begin with a lower resistance and gradually increase as your strength improves.



*A visual representation of the SKEINGD Twister Arm Trainer highlighting its three available intensity levels: 20 kg, 30 kg, and 40 kg, with a user demonstrating its use.*

## **Targeted Muscle Groups and Exercises**

This equipment can be used to target various upper body muscles:

- **Biceps:** Hold the trainer with both hands, palms facing up, and flex your arms to compress.
- **Pectorals (Chest):** Hold the trainer in front of your chest with both hands and push inwards.
- **Dorsal Muscles (Back):** Hold the trainer behind your back and pull outwards.
- **Abdominal Muscles:** Can be engaged through various core-stabilizing exercises while using the trainer.

# Twister Arm Trainer usage scenario



**Use it outdoors**

**While traveling**

**At the office**

**At home**

*An image showing a user exercising with the Twister Arm Trainer, with insets illustrating the specific muscle groups targeted: biceps, pectorals, abdominal muscle, and dorsal muscle.*

## Usage Scenarios

The portable design allows for versatile use in various environments.

# Advantages with traditional arm power



**VS**



**Holster protection**

**Unprotected**

**Three levels of strength**

**Single function**

**Multidirectional exercise**

**Single motion**

*A collage of images depicting various scenarios where the Twister Arm Trainer can be used, including outdoors, while traveling, at the office, and at home, emphasizing its portability and versatility.*

*A video demonstrating various exercises and movements that can be performed with the Twister Arm Trainer, showcasing its versatility for different muscle groups.*

## 6. MAINTENANCE

To maintain your SKEINGD Twister Arm Trainer, wipe it down with a damp cloth after each use to remove sweat and dirt. Store in a dry place away from direct sunlight and extreme temperatures. Regularly inspect the springs and handles for any signs of wear or damage. Do not use abrasive cleaners or harsh chemicals, as these may damage the materials.

## 7. TROUBLESHOOTING

If the trainer feels too stiff or too loose, ensure you have selected the appropriate intensity level for your strength. If you experience discomfort or pain during exercise, stop immediately and consult a healthcare professional. For any other issues, inspect all components for proper assembly and damage. If the device appears broken or compromised, discontinue use immediately.

## 8. SPECIFICATIONS

<b>Product Dimensions</b>	66.5 x 17.5 x 2.54 cm
<b>Item Weight</b>	1.59 kg
<b>Brand</b>	SKEINGD
<b>Item Model Number</b>	MUUBVNMAW
<b>Batteries Included?</b>	No
<b>ASIN</b>	B0DPQSBW59
<b>Date First Available</b>	Dec 6 2024

## 9. WARRANTY AND SUPPORT

For warranty information or product support, please refer to the contact details provided by the retailer or manufacturer at the time of purchase. Keep your proof of purchase for any warranty claims. For further assistance, please contact customer service.