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LYKAN Twister Arm Trainer

LYKAN Twister Arm Trainer User Manual

Model: Saker Twister Arm Trainer

Brand: LYKAN



Image: The LYKAN Twister Arm Trainer, showing its main assembled form, individual components, and product packaging.

Introduction

The LYKAN Twister Arm Trainer is a versatile fitness equipment designed for comprehensive upper body and thigh muscle training. Its adjustable resistance and detachable design make it suitable for various fitness levels and convenient for use anywhere. This manual provides essential information for safe and effective use, setup, operation, maintenance, and troubleshooting.

Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Inspect the trainer for any damage or loose parts before each use. Do not use if damaged.
- Ensure all connections are securely fastened before beginning your workout.

- Use the trainer in an open area, free from obstructions, to prevent accidents.
- Do not over-extend or force the trainer beyond its intended range of motion.
- Keep hands and fingers clear of moving parts, especially the spring mechanism, during use and adjustment.
- The leather-wrapped metal and padded non-slip foam handles are designed for protection and comfort. Always use the trainer by holding these designated grip areas.
- Keep out of reach of children and pets.

Package Contents

Upon opening your LYKAN Twister Arm Trainer package, please verify that all components are present and undamaged:

- Main Twister Arm Trainer Unit (detachable into multiple pieces)
- User Manual (this document)

Note: The trainer typically consists of two curved handle sections and two straight connecting bars, which can be assembled to form the complete unit.

Setup

The LYKAN Twister Arm Trainer features a detachable design for easy assembly and storage. Follow these steps to set up your trainer:

1. Identify the two curved handle sections and the two straight connecting bars.
2. Align the male end of a connecting bar with the female receptacle on one of the curved handle sections.
3. Press the button on the connecting bar and insert it firmly into the handle section until the button snaps into place, securing the connection.
4. Repeat this process for the other end of the connecting bar, attaching it to the second curved handle section.
5. Connect the second straight connecting bar in the same manner to complete the trainer's frame.
6. Ensure all four connections are securely locked before use.



Image: A visual guide demonstrating the simple and fast installation process of the arm trainer, showing how to connect the components by aligning holes and snapping them into place.

Adjusting Resistance

The trainer's resistance can be adjusted by changing the length of the connecting bars. The longer the effective length, the lower the resistance, and vice-versa. This is achieved by selecting different holes on the connecting bars during assembly.

- To increase resistance, shorten the effective length by using the inner set of holes.

- To decrease resistance, lengthen the effective length by using the outer set of holes.

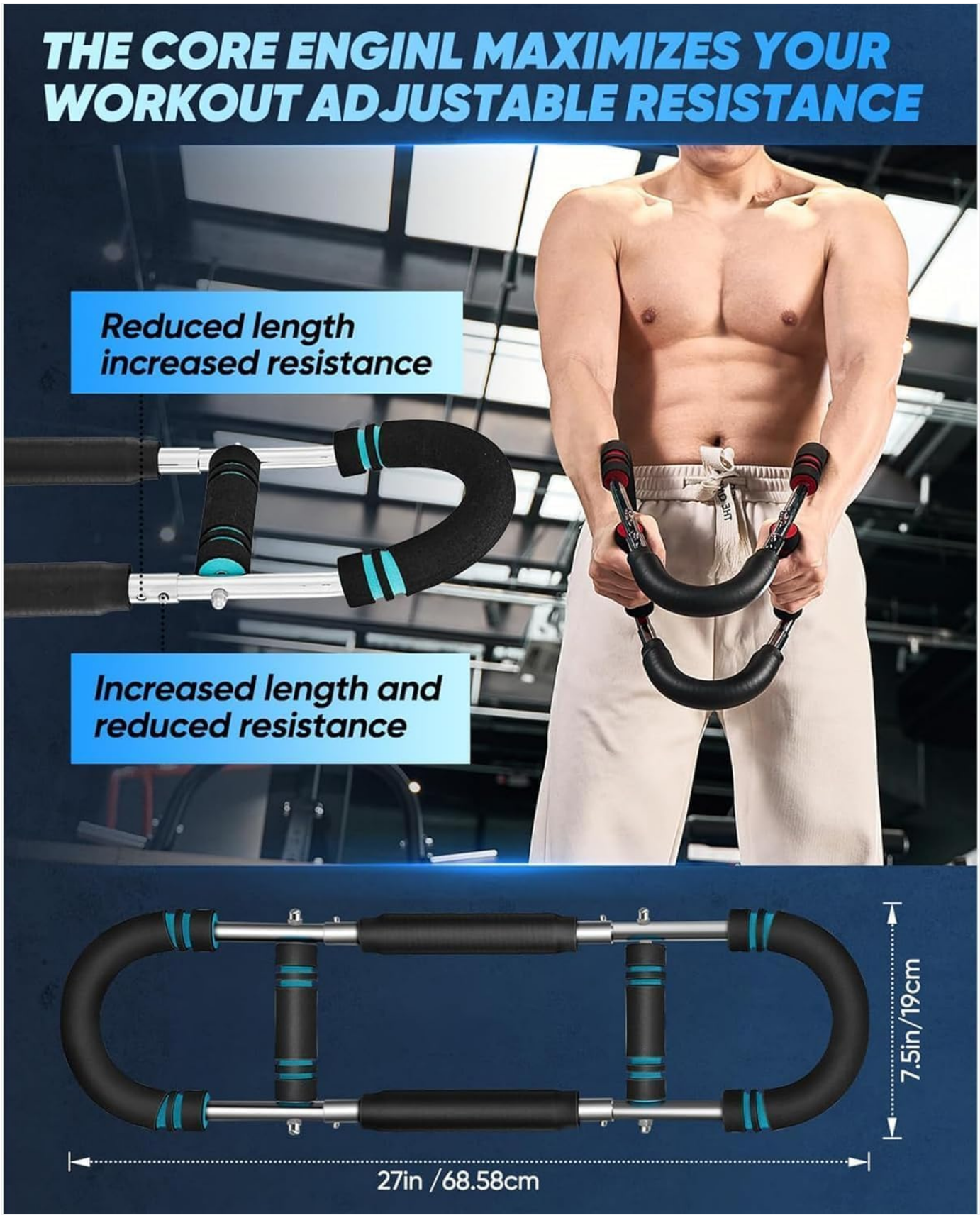


Image: An illustration detailing how adjusting the length of the connecting bars impacts resistance, along with the overall dimensions of the assembled trainer.

Operating Instructions

The LYKAN Twister Arm Trainer is designed for a variety of exercises targeting multiple muscle groups. Always perform

movements in a controlled manner, focusing on proper form.

Common Exercises:

- **Chest Exercise:** Hold the trainer with both hands in front of your chest, elbows bent. Slowly bring the handles together, squeezing your chest muscles. Control the release back to the starting position.
- **Arm (Biceps/Triceps) Exercise:** For biceps, hold one handle with one hand, and the other handle with the other hand, bending your elbows and bringing the handles towards your shoulders. For triceps, extend the trainer overhead and slowly bend your elbows, lowering the trainer behind your head, then extend back up.
- **Back Exercise:** Hold the trainer behind your head or back, and press the handles together, engaging your back muscles.
- **Thigh Muscle Training:** Sit down and place the trainer between your thighs. Squeeze your thighs together to compress the trainer.
- **Forearm Exercise:** Hold the trainer with one hand, using your forearm to compress it.
- **Abdominal Muscle Exercises:** Can be incorporated into core routines by using the trainer for resistance during crunches or twists.



Image: A collage of images illustrating different exercises that can be performed with the trainer, such as triceps training, forearm exercise, pectoral muscle training, thigh muscle training, biceps training, and back exercise.



Image: A detailed tutorial showing various exercises with corresponding muscle group diagrams, including chest, forearm, triceps, abdominal, thigh, and back exercises.

Maintenance

Proper maintenance will ensure the longevity and optimal performance of your LYKAN Twister Arm Trainer:

- **Cleaning:** Wipe down the trainer with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners or solvents.
- **Storage:** Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures. Its detachable design allows for compact storage.
- **Inspection:** Periodically check all connection points and the spring mechanism for any signs of wear, damage, or corrosion. Ensure the foam padding is intact.
- **Lubrication:** The internal spring mechanism is designed for smooth operation. Avoid applying external lubricants unless specifically instructed by the manufacturer.

Troubleshooting

If you encounter any issues with your LYKAN Twister Arm Trainer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Trainer feels too easy/hard to compress.	Incorrect resistance setting.	Adjust the length of the connecting bars to increase or decrease resistance as described in the "Setup" section.
Components do not snap together securely.	Misalignment or debris in the connection points.	Ensure the holes are perfectly aligned and press the button fully. Check for any obstructions and clear them.
Squeaking noise during use.	Minor friction in the spring mechanism.	This is usually normal. If persistent or loud, ensure the trainer is clean. Avoid applying lubricants unless specified.
Foam handles feel worn or flattened.	Normal wear and tear from prolonged use.	While designed for durability, foam can compress over time. This does not typically affect functionality. Consider adding external grip wraps if desired.

If the problem persists after attempting these solutions, please contact LYKAN customer support for further assistance.

Specifications

Feature	Detail
Brand	LYKAN
Model Name	Twister Arm Trainer
Part Number	Saker Twister Arm Trainer
Adjustable Resistance Range	40-100 lbs (approximate, based on product description)
Material	Acrylonitrile Butadiene Styrene (ABS), Stainless Steel
Item Weight	1500 Grams (approx. 3.3 lbs)
Item Dimensions (LxWxH)	9.06 x 2.76 x 8.27 inches (assembled)
Design	Detachable, Portable
Target Muscle Groups	Chest, Arms, Biceps, Abs, Shoulders, Back, Thighs



Image: Detailed views of the internal precision steel springs and the modular, detachable components that enhance portability.

Warranty and Support

The LYKAN Twister Arm Trainer is manufactured with quality materials and craftsmanship. For specific warranty details, please refer to the product packaging or contact the manufacturer directly. The provided data indicates "Warranty Description: Not application", which typically means standard consumer rights apply or warranty information is not explicitly detailed on the product page. For any product-related inquiries, technical support, or assistance, please reach

out to LYKAN customer service through their official channels.

Manufacturer: LYKAN Twister Arm Trainer

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