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Jikbeed Arm trainer Pro

Jikbeed Twister Arm Trainer Pro Instruction Manual

Model: Arm Trainer Pro (U110)

INTRODUCTION

This manual provides instructions for the safe and effective use of your Jikbeed Twister Arm Trainer Pro. This adjustable strength training device is designed to engage various upper body muscles, including arms, chest, and shoulders, and is suitable for both men and women seeking to enhance their fitness at home or on the go.

SAFETY INFORMATION

Please read all safety instructions before using the Jikbeed Twister Arm Trainer Pro. Failure to follow these instructions may result in injury.

- **Consult a Physician:** Always consult a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Proper Assembly:** Ensure all parts are securely assembled and locked into place before each use. Do not use the device if any part feels loose or unstable.
- **Inspect Before Use:** Regularly inspect the trainer for any signs of wear, damage, or deformation, particularly the spring and handle connections. Discontinue use immediately if any damage is found.
- **Appropriate Resistance:** Start with a resistance level appropriate for your current fitness level. Gradually increase resistance as your strength improves. Overexertion can lead to muscle strain or injury.
- **Firm Grip:** Maintain a firm and secure grip on the handles during all exercises. The enclosed grip design is intended to prevent the equipment from slipping.
- **Clear Surroundings:** Ensure your workout area is clear of obstacles, people, and pets to prevent accidents.
- **Children and Pets:** Keep the device out of reach of children and pets when not in use.

PRODUCT OVERVIEW

The Jikbeed Twister Arm Trainer Pro is a versatile piece of fitness equipment designed for comprehensive upper body workouts. It features a robust construction and user-friendly design for effective and comfortable training.

Key Features

- **Adjustable Resistance:** Offers multiple spring tensions to match various fitness levels.
- **Multiple Grip Options:** Designed with inner and outer handles to target different muscle groups.
- **Detachable Design:** Allows for easy disassembly, storage, and portability.
- **Premium Build:** Features a tough alloy-steel spring core wrapped in soft PU leather for safety, with thick anti-slip foam handles for a comfortable and secure grip.
- **Enhanced Safety:** Enclosed grip design ensures a firm hold and prevents accidental slippage.



Image: The Jikbeed Twister Arm Trainer Pro in its assembled state, highlighting the black and blue foam handles and chrome-plated steel bars.

SETUP AND ASSEMBLY

The Twister Arm Trainer Pro is designed for quick and easy assembly and disassembly, making it convenient for both use and travel.

Assembly Steps

1. Identify the main spring unit and the two handle sections.
2. Locate the small buttons on the side of the chrome bars on the handle sections. Press these buttons.
3. Slide the handle sections into the main spring unit until the buttons snap into place, securing the connection.
4. Ensure all connections are firm and stable by gently pulling on the handles before beginning your workout.

Fully Wrapped Grip

The Omni-directional, fully wrapped gripping area can effectively reduce the formation of hand calluses



Image: Step-by-step visual guide for assembling the arm trainer, illustrating how to connect the handle sections to the main unit.

Tip: To facilitate a smoother installation process, slightly angle the two connecting rods when inserting them, allowing the button to fit more effortlessly.

Disassembly for Travel

To disassemble the trainer for compact storage or travel, simply press the buttons on the connecting rods and pull the handle sections apart from the main spring unit. The compact design allows it to be stored in a drawer or bag.



Adjustable Length

By pressing the adjustment button, you can customize the length of the arm exerciser to match the length of your arms

Image: The arm trainer disassembled, showing its compact size and dimensions for travel and storage.

OPERATING INSTRUCTIONS

The Jikbeed Twister Arm Trainer Pro offers a versatile workout for various muscle groups. Follow these guidelines for effective training.

Adjusting Resistance

The device features adjustable resistance. Choose a spring tension that matches your fitness level and gradually increase as you get stronger. The product is available in different resistance ranges:

- **30-60lbs:** Recommended for beginners (exercise less than 2 times a week).
- **60-80lbs:** Recommended for experienced exercisers (workout about 2-3 times a week).
- **80-110lbs:** Recommended for fitness experts (exercising regularly for over 3 years).

Upper Body All-Around Workout Gadget

This all-in-one multi-functional arm strength trainer offers a full-body workout targeting your upper muscles, fostering a balanced muscle growth



Safer Exercise Arm Trainer



More Functional Uses



More Durable



More Comfortable Grip

Image: Guide to selecting the appropriate strength training level based on physical condition and exercise frequency.

Exercise Techniques

By changing your grip and body position, you can target different muscle groups effectively.

Upper Body Workout

- **Pectoral Muscles:** Hold the trainer with both hands in front of your chest, pushing the handles together.
- **Biceps:** Hold one handle with one hand, and the other handle with the other hand, bending your elbows and pulling the handles towards your body.
- **Triceps:** Hold the trainer behind your head, pushing the handles together.
- **Trapezius Muscle:** Hold the trainer behind your neck, pushing the handles together.

Pick the Right Strength Training Based on Your Physical Condition

 <p>Biceps</p>	30-60lbs For Beginners (exercise less than 2 times a week)
 <p>Triceps</p>	60-80lbs For Experienced Exercisers (workout about 2 to times a week)
 <p>Pectoral muscles</p>	80-110lbs For Fitness Expert (exercising regularly for over 3 years)

Image: Visual examples of how to use the arm trainer for a full-body upper torso workout.

Other Exercises

- **Leg Strengthening (Quadriceps Femoris):** Place the trainer between your thighs and squeeze.
- **Wrist Strengthening:** Use a single handle for wrist curls or extensions.
- **Back Muscle Exercise:** Hold the trainer behind your back and pull.

Upgraded Springs

To bolster resilience and prevent deformation, we use high-strength stainlesssteel springs, reinforced with larger diameters for better elasticity



Image: Demonstrations of using the arm trainer for various body parts beyond the upper body.

COMFORT AND DESIGN

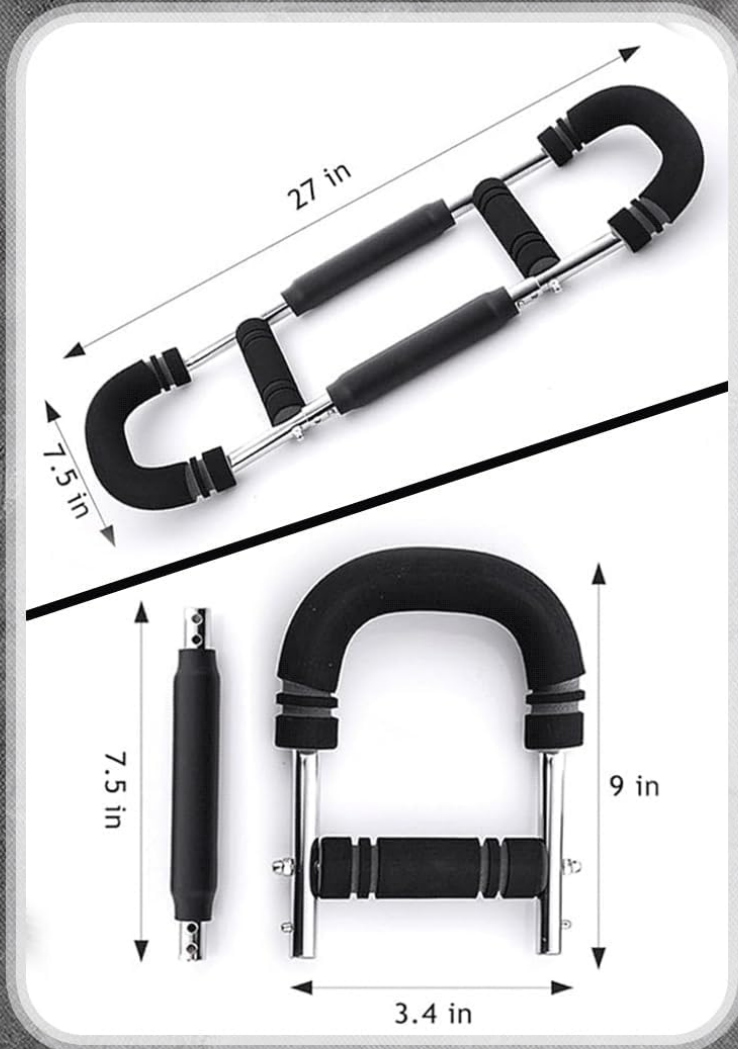
The Jikbeed Twister Arm Trainer Pro is designed with user comfort and adaptability in mind.

Ergonomic Grip

The omni-directional, fully wrapped gripping area is designed to provide a pleasant grip and effectively reduce the formation of hand calluses during prolonged use.

Detachable for Convenient Travel

Easily detachable for travel convenience, it's simple to dismantle and reassemble, and compact enough to store in a suitcase once disassembled



Tips

To facilitate a smoother installation process, we advise slightly angling the two connecting rods, thereby enabling the button to fit in more effortlessly

Image: Detail of the padded foam handles, emphasizing the comfortable and anti-slip design.

Adjustable Length

By pressing the adjustment button, you can customize the length of the arm exerciser to match the length of your arms, ensuring a personalized and effective workout.

Comfortable & User-friendly Design



This full-wrap design ensures a pleasant grip and flexible length adjustment, enhancing workout comfort



The Omni-directional, fully wrapped gripping area can effectively reduce the formation of hand calluses



By pressing the adjustment button, you can customize the length of the arm exerciser to match the length of your arms



Image: Demonstration of the adjustable length feature, showing how to press the button and extend/retract the bars.

MAINTENANCE

Proper maintenance will extend the life of your Jikbeed Twister Arm Trainer Pro and ensure its continued safe operation.

- **Cleaning:** After each use, wipe down the handles and metal parts with a damp cloth to remove sweat and dirt. Avoid using harsh chemicals or abrasive cleaners that could damage the materials.
- **Storage:** Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures. If disassembling for storage, ensure all parts are clean and dry before packing.
- **Inspection:** Periodically check all connections, the spring mechanism, and the foam padding for any

signs of wear, tears, or damage. If any component appears compromised, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter any issues with your Jikbeed Twister Arm Trainer Pro, refer to the following common troubleshooting tips:

- **Difficulty Assembling/Disassembling:** Ensure the buttons on the connecting rods are fully depressed when attempting to insert or remove the handle sections. Applying a slight angle to the rods during insertion can also help.
- **Reduced Resistance:** If the resistance feels weaker than expected or changes over time, inspect the internal spring for any visible damage, bending, or deformation. If the spring is compromised, discontinue use.
- **Uncomfortable Grip:** Ensure your hands are properly positioned on the padded foam handles. If you experience discomfort or callus formation, consider using workout gloves.
- **Unusual Noises:** If the trainer makes unusual squeaking or grinding noises, inspect all moving parts for any obstructions or signs of wear. Ensure connections are secure.

SPECIFICATIONS

Feature	Detail
Brand	Jikbeed
Model Name	Arm trainer Pro
Part Number	U110
Material	Metal
Color	Black and gray
Item Weight	1 Pounds
Product Dimensions (LxWxH)	26.5" x 6.7" x 2.4"
Suggested Users	Unisex-adult
Included Components	Twister arm trainer

WARRANTY AND SUPPORT

The Jikbeed Twister Arm Trainer Pro comes with a **1-year warranty** from the date of purchase. For warranty claims, technical support, or any questions regarding your product, please contact Jikbeed Tech customer service. Refer to your purchase documentation for specific contact details or visit the official Jikbeed website for support information.

