Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

NOONCRAZY Arm-2

NOONCRAZY Twister Arm Trainer Instruction Manual

Model: Arm-2

Introduction

The NOONCRAZY Twister Arm Trainer is a versatile fitness equipment designed to assist in strengthening various upper body muscles, including biceps, triceps, deltoids, and pectoralis major. Its adjustable resistance levels make it suitable for a wide range of users, from basic warm-ups to advanced muscle shaping. This manual provides detailed instructions for setup, operation, maintenance, and troubleshooting to ensure safe and effective use of your new fitness equipment.
Your package includes 2 handles, 4 spring fitness bars, and 1 action poster & instruction manual. We are committed to providing professional and caring product consultation service to assist you with any questions or concerns.

Included Components

The NOONCRAZY Twister Arm Trainer package contains the following items:

- 2 x Handles
- 4 x Resistance Bars (2 sets with different resistances)
- 1 x Action Poster
- 1 x Assembly Manual (this document)



Figure 1: Overview of the Twister Arm Trainer and its included components.

Setup and Assembly

The Twister Arm Trainer is designed for easy assembly and adjustment. Follow these steps to set up your device:

1. **Select Resistance Bars:** The trainer comes with 2 sets of resistance bars, offering different resistance levels (e.g., 30-60 lbs and 90-120 lbs). Choose two resistance bars of the **same resistance** for balanced training.
2. **Attach Handles:** Press the button on the handle and insert the resistance bar into the designated slot. Ensure it clicks securely into place.
3. **Adjust Resistance (Two-Stage Function):** Each resistance bar has a two-stage adjustment function. By pressing the button and adjusting the bar, you can select between two resistance levels per bar (e.g., 30 lbs or 60 lbs for one set, 90 lbs or 120 lbs for the other). Ensure both resistance bars are set to the same gear to maintain even resistance during exercise.
4. **Assemble Second Handle:** Repeat the process for the other end of the resistance bars, attaching the second

handle.

Refer to the included Action Poster for visual guidance on assembly and adjustment.



Figure 2: Step-by-step assembly and adjustment of the Twister Arm Trainer.



Figure 3: Detailed view of the resistance bars, double-layer precision steel spring, and accurate hole alignment for secure assembly.

Operating Instructions and Exercises

The NOONCRAZY Twister Arm Trainer offers a variety of exercises to target different upper body muscle groups. Always ensure you have selected the appropriate resistance level for your fitness level and warm up before beginning any exercise.

Key Features for Safe and Effective Use:

- **Adjustable Resistance:** With 2 sets of 4 spring workout bars, you can achieve 30/60/90/120 pound four-stage resistance exercise. This allows for progressive training and caters to diverse exercise needs.
- **Safety Design:** Each spring workout bar is wrapped with an elastic leather cover. This design reduces safety risks by preventing pinch injuries and extends the spring's service life by avoiding rust.
- **Durable Construction:** The arm trainer is built with high resilience and no deformation, ensuring strong resistance even with long-term use.

Example Exercises:

The included Action Poster provides detailed illustrations for various exercises. Here are some common movements:

- **Chest Press:** Hold the trainer with both hands in front of your chest, handles facing each other. Slowly press the handles together, engaging your chest muscles. Control the release back to the starting position.
- **Bicep Curl:** Hold one handle with one hand, resting your elbow on your thigh or against your side. Curl the trainer upwards, engaging your bicep. Repeat on the other arm.
- **Forearm Strengthener:** Hold the trainer with both hands, palms facing down. Use your wrists to twist the handles, working your forearms.
- **Shoulder Press:** Hold the trainer above your head with both hands, handles facing each other. Press upwards, engaging your shoulder muscles.

Always perform exercises with controlled movements. Avoid sudden jerks or releasing the tension abruptly. If you experience any pain, stop immediately.

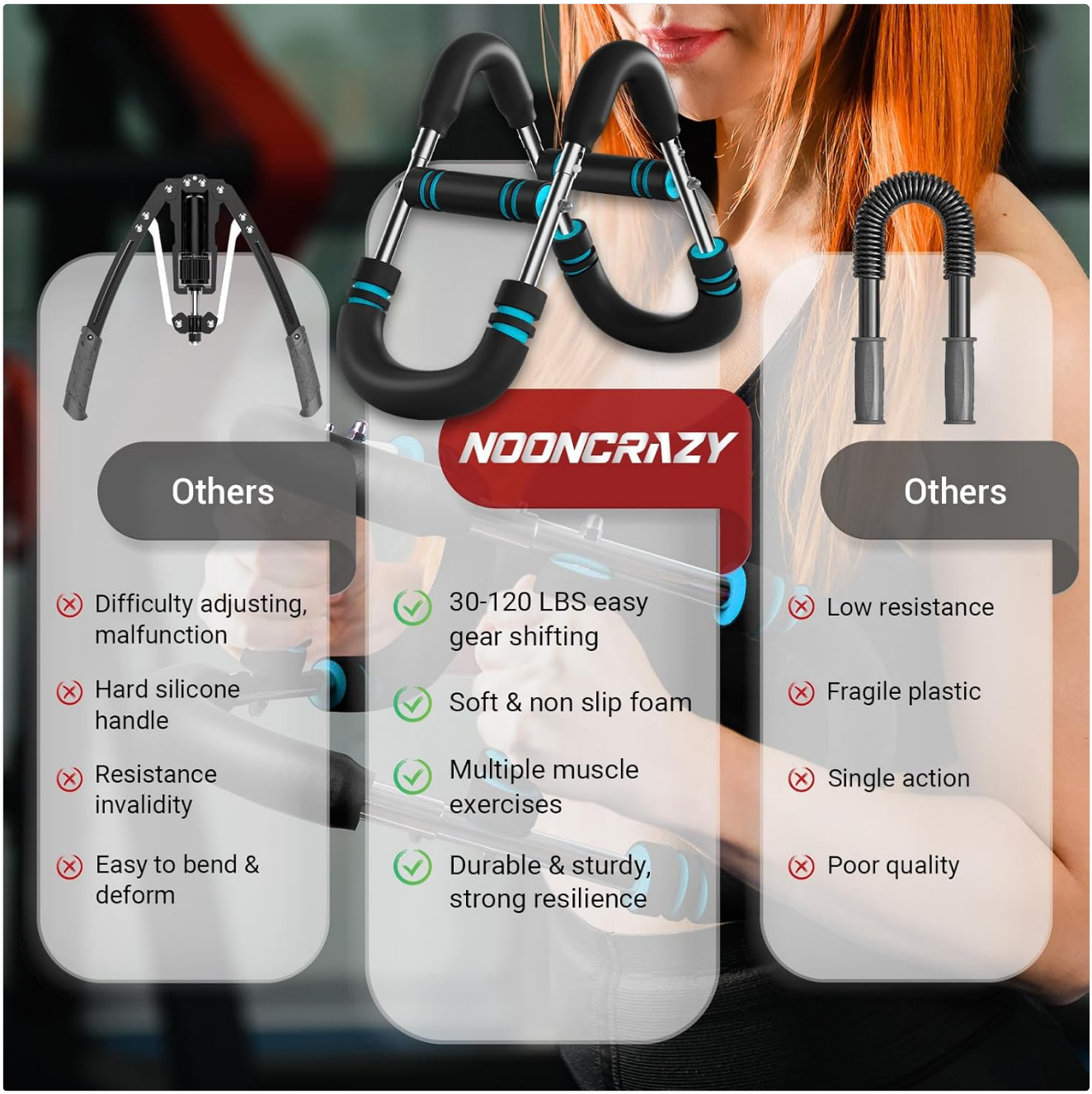


Figure 4: The multifunctional Power Twister can be used for various muscle groups.



Figure 5: Demonstrations of the Twister Arm Trainer at various resistance levels.

Maintenance

To ensure the longevity and optimal performance of your NOONCRAZY Twister Arm Trainer, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the handles and resistance bars with a damp cloth after each use to remove sweat and dirt. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures. The detachable design allows for easy storage and portability.
- **Inspection:** Periodically inspect the resistance bars and handles for any signs of wear, damage, or loose parts. Do not use the device if any components appear compromised.

Troubleshooting

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

- **Uneven Resistance:** Ensure both resistance bars are set to the same resistance level. Re-check the adjustment mechanism on each bar.
- **Difficulty Assembling/Disassembling:** Ensure the buttons on the handles are fully depressed when inserting or removing the resistance bars. Apply firm, even pressure.
- **Reduced Resistance:** Over time, springs may experience minor fatigue. If you notice a significant and persistent reduction in resistance, despite proper adjustment, contact customer support.

For issues not covered here, or if problems persist, please contact NOONCRAZY customer support for assistance.

Specifications

Feature	Detail
Brand	NOONCRAZY
Model Name	Arm-2
Style	Blue 30-120 lbs
Material	High Density Foam, Metal
Maximum Weight Recommendation	120 Pounds
Number of Resistance Levels	4 (30/60/90/120 lbs)
Item Package Dimensions L x W x H	10.47 x 10.31 x 3.39 inches
Package Weight	2.45 Kilograms
Suggested Users	unisex-adult
Date First Available	February 8, 2025

Warranty Information

The NOONCRAZY Twister Arm Trainer comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.
For detailed warranty terms and conditions, or to initiate a warranty claim, please contact our customer support.

Customer Support

NOONCRAZY is dedicated to providing excellent customer service. If you have any questions, require assistance with assembly, operation, or maintenance, or need to address any product-related concerns, please do not hesitate to contact our professional and caring product consultation service.
Contact information can typically be found on the product packaging or our official website. We are always ready to help you solve problems, allowing you to shop worry-free and use our arm trainer set with confidence.

© 2025 NOONCRAZY. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0F7L8VP6S

More documents and user manuals: **https://manuals.plus/**