

FLYBIRD JH-FB-BLQ-01

FLYBIRD Twister Arm Trainer User Manual

Model: JH-FB-BLQ-01

1. INTRODUCTION

Thank you for choosing the FLYBIRD Twister Arm Trainer. This device is designed to assist in strengthening various upper body muscle groups, including the chest, arms, back, and shoulders. Its adjustable resistance feature allows for progressive training suitable for different fitness levels. Please read this manual thoroughly before initial use to ensure safe and effective operation.



Image 1.1: The FLYBIRD Twister Arm Trainer, showcasing its overall design and structure.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Always warm up before exercising and cool down afterward.
- Inspect the device for any damage or loose parts before each use. Do not use if damaged.
- Ensure the resistance setting is securely locked before beginning an exercise.
- Perform exercises with controlled movements. Avoid sudden jerks or excessive force.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Keep children and pets away from the equipment during use.
- Use the device on a stable, non-slip surface.

3. PRODUCT COMPONENTS

The FLYBIRD Twister Arm Trainer consists of the main adjustable resistance unit with ergonomic non-slip foam grips and a U-shaped double steel spring mechanism for resistance.



Image 3.1: Detail of the U-shaped double steel spring and comfort grip handles.

4. SETUP AND ASSEMBLY

The FLYBIRD Twister Arm Trainer is designed for easy assembly and disassembly for portability. Follow these steps to assemble the device:

1. **Step 1: Hole Alignment** - Align the inner connector of one handle with the corresponding hole on the main bar.
2. **Step 2: Align Holes on Other Side** - Repeat the alignment process for the other handle on the opposite side of the main bar.
3. **Step 3: Press Down** - Firmly press down on the handles to secure them into place. Ensure the locking pins engage.
4. **Step 4: It's Done!** - Verify that all connections are secure before use.

PORTABLE ARM WORKOUT DEVICE

Detachable and Compact — Built for on-the-go Workouts



Image 4.1: Step-by-step visual guide for assembling the arm trainer.

To disassemble for storage or travel, press the release buttons (if present) or pull the components apart with firm, controlled force, reversing the assembly steps.

5. OPERATING INSTRUCTIONS

5.1. Adjusting Resistance

The FLYBIRD Twister Arm Trainer offers adjustable resistance levels from 22 lbs to 440 lbs. To adjust the resistance:

1. Locate the adjustment pins on the main bar.
2. Press the pin and slide the inner connector to the desired position.
3. Ensure the pin locks securely into one of the designated holes for the chosen resistance level.
4. **Level 1 (e.g., 60 lbs):** Inner connectors on both ends.
5. **Level 2 (e.g., 80 lbs):** One for each of the inner and outer connectors.
6. **Level 3 (e.g., 120 lbs):** Outer connector on both ends.

OURS VS OTHERS



Leather case protection



**Detachable,
more convenient**



Three resistance modes



A variety of exercises



No protection



Single exercise method



Not removable



Single function

Image 5.1: Resistance adjustment mechanism and corresponding intensity levels.

5.2. Exercise Guide

The Twister Arm Trainer can be used for a variety of exercises targeting different muscle groups. Always maintain proper form and controlled movements.

- **Chest Exercise:** Hold the trainer with both hands, palms facing each other, and press inward towards your chest.
- **Biceps Exercise:** Hold the trainer with one hand, palm up, and curl it towards your shoulder.
- **Back Exercise:** Hold the trainer behind your back and pull outwards.
- **Triceps Exercise:** Hold the trainer overhead and extend your arms.
- **Forearm Training:** Grip the handles and perform wrist curls or extensions.
- **Leg Training:** Place the trainer between your thighs and squeeze inward.



Image 5.2: Examples of exercises targeting different muscle groups.

PERFECT MUSCLE BUILDING MACHINE



CHEST EXERCISE



BICEPS EXERCISE



BACK EXERCISE



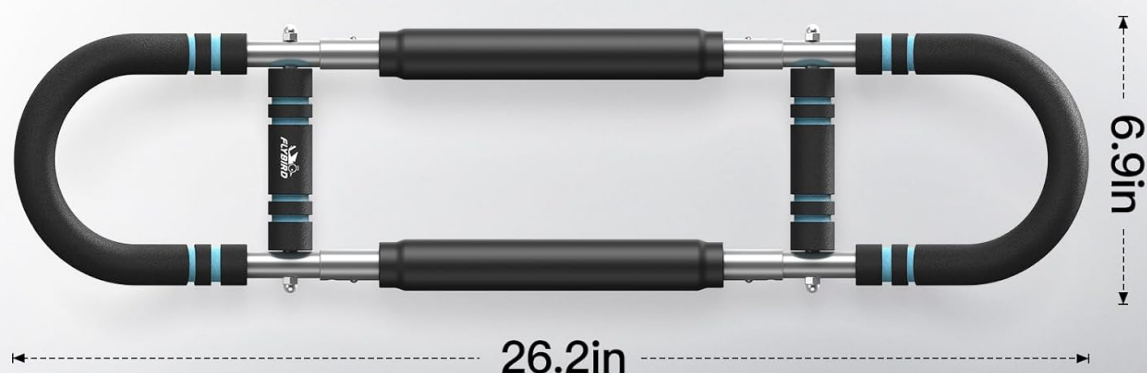
ABS EXERCISE

Image 5.3: Visual representation of muscle groups engaged during training.

6. MAINTENANCE

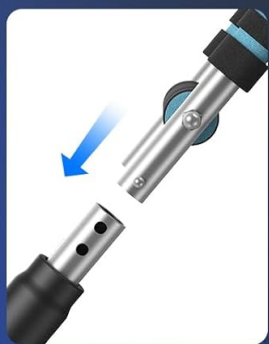
- **Cleaning:** Wipe down the device with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Storage:** Store the arm trainer in a cool, dry place away from direct sunlight and extreme temperatures. For portability, the device can be disassembled and stored compactly.
- **Inspection:** Periodically check all components for wear and tear, especially the springs and connection points.

EASY to ASSEMBLE



STEP1

Hole Alignment



STEP2

Align the Holes on the Other Side



STEP3

Press Down



STEP4

It's Done!



Image 6.1: The arm trainer disassembled for compact storage and portability.

7. TROUBLESHOOTING

- **Resistance feels inconsistent:** Ensure the adjustment pins are fully engaged and locked into the desired resistance holes.
- **Device feels loose:** Re-check all assembly points to ensure components are securely connected. Do not use if any part feels unstable.
- **Squeaking noise:** A small amount of silicone-based lubricant can be applied to the spring mechanism if squeaking occurs. Avoid oil-based lubricants.

8. SPECIFICATIONS

- **Model Name:** JH-FB-BLQ-01
- **Brand:** FLYBIRD
- **Material:** Metal
- **Color:** BLACK
- **Item Dimensions (LxWxH):** 13.59 x 2.76 x 9.06 inches

- **Product Dimensions:** 13.59"D x 2.76"W x 9.06"H
- **Item Package Dimensions (LxWxH):** 10.24 x 8.94 x 3.19 inches
- **Package Weight:** 3.5 Pounds
- **Maximum Weight Recommendation:** 440 Pounds (Resistance)
- **Included Components:** Arm Workout Equipment
- **Suggested Users:** unisex-adult




9. WARRANTY AND SUPPORT

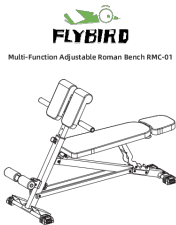


The FLYBIRD Twister Arm Trainer comes with a **1 Year Manufacturer Warranty**. For warranty claims, technical support, or any questions regarding your product, please contact FLYBIRD customer service through the retailer where the product was purchased or visit the official FLYBIRD website.

Manufacturer: FLYBIRD

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Related Documents - JH-FB-BLQ-01

<p>USER MANUAL</p>  <p>FLYBIRD WEIGHT BENCH FB-17YLD02</p>	<p>FLYBIRD Weight Bench FB-17YLD02 User Manual</p> <p>Comprehensive user manual for the FLYBIRD Weight Bench (Model FB-17YLD02), providing essential information on precautions, parts identification, assembly instructions, warranty details, troubleshooting tips, and care recommendations for optimal use and maintenance.</p>
 <p>FB-17YLD02 FLYBIRD WEIGHT BENCH USER MANUAL</p>	<p>Flybird Weight Bench FB-17YLD02 User Manual</p> <p>User manual for the Flybird Weight Bench, model FB-17YLD02. Includes precautions, parts list, installation instructions, and warranty information.</p>
 <p>FB-17YLD02 FLYBIRD WEIGHT BENCH USER MANUAL</p>	<p>FLYBIRD FB-17YLD02 Weight Bench User Manual</p> <p>This user manual provides essential information for the FLYBIRD FB-17YLD02 Weight Bench, including safety precautions, a detailed parts list, step-by-step installation instructions, warranty details, troubleshooting tips, and care & maintenance advice.</p>

 <p>FLYBIRD Multi-Function Adjustable Roman Bench RMC-01</p> <p>English User Manual</p>	<p>FLYBIRD RMC-01 Multi-Function Adjustable Roman Bench User Manual & Assembly Guide</p> <p>Comprehensive user manual and assembly instructions for the FLYBIRD RMC-01 Multi-Function Adjustable Roman Bench. Learn how to safely assemble and use your workout bench.</p>
 <p>FLYBIRD Multi-Functional Power Squat Stand</p> <p>English User Manual</p>	<p>FLYBIRD Multi-Functional Power Squat Stand: Assembly and User Manual</p> <p>Comprehensive guide for assembling and using the FLYBIRD Multi-Functional Power Squat Stand. Includes safety precautions, parts list, step-by-step assembly instructions, and warranty information for home gym users.</p>
 <p>FLYBIRD FLYBIRD 4D Vibration Plate USER MANUAL</p> <p>JF01-SZJ</p>	<p>FLYBIRD 4D Vibration Plate User Manual</p> <p>Comprehensive user manual for the FLYBIRD 4D Vibration Plate (Model JF01-SZJ), detailing safety precautions, setup, operation, various training modes, exercise routines, troubleshooting, and warranty information.</p>