



# SQUATZ SQABTWST Twist And Shape Exercise Machine User Guide

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**SQUATZ SQABTWST Twist And Shape Exercise Machine**



## Product Information

The waist twisting machine is a fitness equipment designed to exercise the waist. It consists of a pole, a base bracket, and a pedal seat. The upper end of the vertical rod is fixed with a handrail, and the lower end is fixed with the base bracket. Two pulleys, pulley I and pulley II, are fixed on the base support and connected by a crossed rope to rotate synchronously and reversely. A pedal is fixed on the pedal seat.

## Features

- Vertical rod with handrail for stability
- Two pulleys for synchronous and reverse rotation
- Pedal seat for comfortable exercise
- Two rotatable turntables on top of the pedal

## Technical Specifications

- **Base Support:** I-shaped support
- **Pulley I:** Fixed on the base support
- **Pulley II:** Fixed on the base support
- **Pedal:** Fixed on the pedal seat
- **Turntables:** Two rotatable turntables on top of the pedal

## Product Usage Instructions

## **Assembly**

1. Attach the pole to the base bracket using the provided screws and fasteners.
2. Fix the handrail to the upper end of the vertical rod using the provided screws.
3. Position the base support on a flat surface.
4. Attach pulley I and pulley II to the base support using the provided screws.
5. Securely fix the lower end of the vertical rod above pulley I.
6. Attach the pedal to the pedal seat using the provided screws.
7. Fix the two rotatable turntables on top of the pedal.

## **Operation**

1. Ensure that the waist twisting machine is properly assembled and stable.
2. Stand on the pedal with your feet shoulder-width apart.
3. Hold onto the handrail for balance and support.
4. Twist your waist to the left and right, following a controlled and smooth motion.
5. Repeat the twisting motion for the desired duration of your workout.

## **FAQ**

### **Can I adjust the resistance of the waist-twisting machine?**

No, the waist-twisting machine does not have an adjustable resistance feature. The resistance is determined by the user's body weight and the rotational force created by the pulleys.

### **Is it possible to use the waist-twisting machine without holding onto the handrail?**

While it is recommended to hold onto the handrail for balance and support, experienced users with good stability may choose to perform the exercise without holding onto the handrail. However, caution should be exercised to ensure safety.

## **PRODUCT INTRODUCTION**

Read this user manual carefully before you use the Exercise Machine and save it for future reference. The utility model provides a waist-twisting machine. The SQUATZ Twist & Shape Exercise Machine includes an armrest, a vertical pole, a pedal, a pedal seat, a drawstring, a turntable, and a base bracket. The above-mentioned armrest is fixed on the upper end of the vertical pole, and the lower end of the vertical pole is fixed with the base bracket. The above-mentioned pulleys are fixed on the base bracket. The two pulleys are pulley I and pulley II. The two pulleys are connected by a crossed rope to make the two pulleys synchronously and reversely rotate. The above-mentioned pedal is fixed on the top of the pedal seat, and there are two fixed on the top of the pedal. The freely rotating turntable meets the needs of different groups of people.

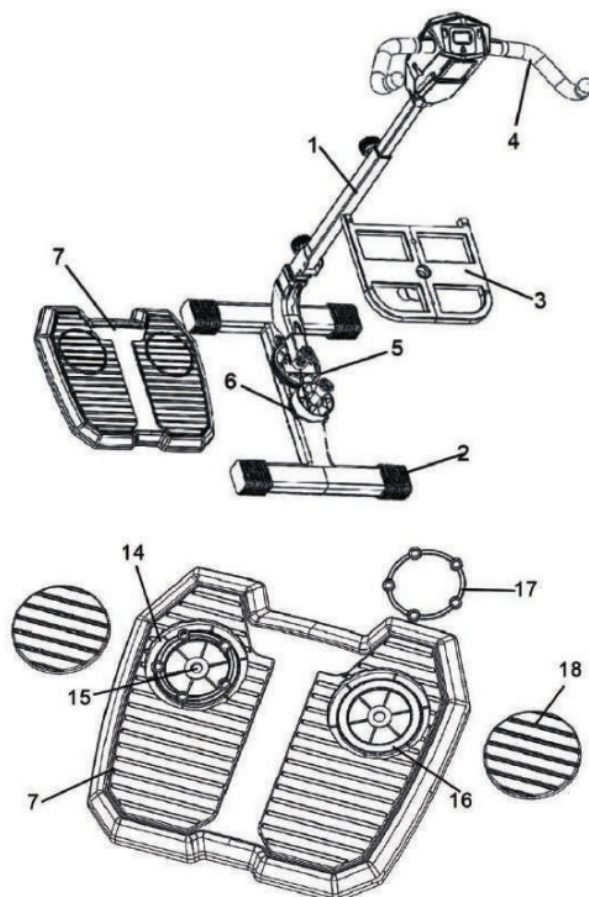


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## PRODUCT DIAGRAM



1. Pole

2. Base bracket
3. Pedal seat
4. Handrail
5. Pulley I
6. Pulley II
7. Pedal
8. Brake device
9. Turntable accommodating cavity
10. Center through hole
11. Ball groove
12. Annular bearing
13. Turntable

**A waist-twisting machine, including:**

- a pole,
  - a base bracket, and
  - a pedal seat.
1. The upper end of the vertical rod is fixed with a handrail, and the lower end of the vertical rod is fixed with the base bracket. Two pulleys are fixed on the base support, the two pulleys are pulley I and pulley II respectively, and the two pulleys are connected by a crossed rope to make the two pulleys synchronously and reversely rotate. A pedal is fixed on the pedal seat.
  2. A waist twisting machine according to claim 1, wherein the base support is an I-shaped support, and its longitudinal rod is fixed by pulley I and pulley II, and the lower end of the vertical rod is horizontally bent and fixed. Above pulley I.
  3. A waist-twisting machine according to claim 1, is characterized in that, the top of the pedal is also fixed with two rotatable turntables.
  4. A waist twisting machine according to claim 3, wherein the pedal is provided with two turntable accommodating cavities above one end close to the vertical rod, and the center of the bottom of the turntable accommodating cavity is provided with a central through hole.  
The bottom of the turntable accommodating cavity is provided with a ring of ball grooves, a single annular bearing is arranged in the ball groove at the bottom of the turntable accommodating cavity, the two turntables are respectively arranged in the two turntable accommodating cavities, and the centers of the bottoms of the two turntables extend downward. A rotating shaft is provided with a bolt hole in the center of the rotating shaft. The rotating shaft penetrates through the central hole of the rotating disk accommodating cavity and is screwed and fixed on the rotating shaft bolt hole by bolts so that the rotating disk can freely rotate in the rotating disk accommodating cavity of the pedal. B

**A WAIST TWISTING MACHINE**

**TECHNICAL FIELD**

The utility model relates to fitness equipment, specifically a waist-twisting machine.

## Background Technique

- The existing waist twisting machine is more commonly connected between the base of the waist twisting machine and the pedal through multiple springs. The user stands on the pedal and twists the pedal left and right to twist, return, and twist the spring to exercise the waist.
- This type of waist-twisting machine exerts a lot of force on the waist when the spring is twisted, and the waist hardly uses force when the spring returns. Therefore, it is uncomfortable to use and easy to hurt the waist.
- A new structure of waist twisting machine slowly appeared on the market. This kind of new structure waist twisting machine is equipped with two rotatable pulleys on the base frame, one pulley is fixed on the pedal, the other pulley is fixed on the armrest pole, and the two pulleys are cross-connected by a rope. When in use, the two pulleys are driven by the pull rope to rotate in the opposite direction to achieve the effect of the user's upper and lower body twisting in the opposite direction to exercise the waist.
- However, although the user's waist is evenly exerted during the exercise, the user is comfortable to use. It is not easy to damage the waist, but the two pulleys of the existing waist-twisting machine are free to rotate.
- Since there is no load device, it cannot be achieved if the user needs to increase the exercise intensity, and if the user does not want to make the lower body and upper body Reverse movement, just a slight twist of the lower body to relax the waist is also impossible.

## Utility Model Content

In view of the defects of the existing waist-twisting machine, the technical problem to be solved by the present utility model is to provide a waist-twisting machine suitable for different groups of people, so that all groups of people can achieve ideal fitness effects. In order to achieve the above purpose, according to one aspect of the present invention, the present invention is realized through the following technical measures: a waist twisting machine, including a pole, a base bracket, and a pedal seat, The upper end of the vertical rod is fixed with a handrail, and the lower end of the vertical rod is fixed with the base bracket. Two pulleys are fixed on the base support, the two pulleys are pulley I and pulley II respectively, and the two pulleys are connected by a crossed rope to make the two pulleys synchronously and reversely rotate.

A pedal is fixed on the pedal seat. Further, the base support is an I-shaped support, and its longitudinal rod is used for fixing the pulley I and the pulley II, and the lower end of the vertical rod is horizontally bent and fixed above the pulley I. Further, two rotating turntables are also fixed on the top of the pedal. The above design makes the brake pads lock the brake disc, and the pedal and the vertical rod cannot be rotated. At this time, users who need to relieve fatigue can step on the two turntables to gently swing their waist.

Further, the pedal is provided with two turntable accommodating cavities above one end close to the vertical rod, the center of the bottom of the turntable accommodating cavity is provided with a central through hole, the bottom of the turntable accommodating cavity is provided with a ring of ball grooves, and a single annular bearing Set in the ball groove at the bottom of the turntable accommodating cavity, the two turntables are respectively set in the two turntable accommodating cavities, the center of the bottom of the two turntables extends downwards with a rotating shaft, the center of the rotating shaft is provided with a bolt hole, and the rotating shaft penetrates the turntable to accommodate. The through a hole in the center of the cavity is screwed and fixed on the bolt hole of the rotating shaft by bolts, so that the turntable can rotate freely in the turntable accommodating cavity of the pedal. The above-mentioned design structure is more reasonable, and the service life is longer.

## Detailed Ways

The utility model will be described in detail with reference to the drawings and the embodiments. It should be noted that the embodiments in this application and the features in the embodiments can be combined with each other if there is no conflict. In the description of the present utility model, it should be understood that the terms "center", "upper", "lower", "left", "right", "vertical", "horizontal", "inner", "outer", "Bottom", "top", etc. indicate the orientation or positional relationship based on the orientation or positional relationship shown in the drawings, only

for the convenience of describing the utility model and simplifying the description, rather than indicating or implying the pointed device or element It must have a specific orientation, be constructed and operated in a specific orientation, and therefore cannot be understood as a limitation of the present utility model.

The waist twisting machine includes the armrest 4, the pole 1, the pedal 7, the pedal seat 3, the drawstring, the turntable 18, the ring bearing 17, and the base bracket 2. Two freely rotatable pulleys, pulley I 5 and pulley II 6, are connected by a crisscross pull rope so that the two pulleys rotate synchronously and reversely. The armrest 4 is set on the upper end of the pole 1, and the lower end of the pole 1 is horizontal. After bending, it is fixed above the pulley I 5. The knob seat 12 is fixed on the longitudinal rod of the base bracket 2 behind the pulley II 6. The pedal 7 is fixed on the pedal seat 3.

There are two turntables on the upper end of the pedal 7 near the vertical rod 1. In accommodating cavity 14, a central through hole 15 is opened at the center of the bottom of the turntable accommodating cavity 14. A ring of ball grooves 16 is also provided on the bottom surface of the turntable accommodating cavity 14.

They are respectively arranged in the two turntable accommodating cavities 14 of the pedal 7. Both the bottom centers of the two turntables 18 extend downwards with a rotating shaft. The center of the rotating shafts is provided with a bolt hole. Afterward, it is screwed and fixed on the bolt hole of the rotating shaft by bolts, so that the turntable 18 can rotate freely in the turntable accommodating cavity 14 of the pedal 7.

The above descriptions are only preferred embodiments of the present utility model and are not intended to limit the present utility model. For those skilled in the art, the present invention can have various changes and changes. Any modification, equivalent replacement, improvement, etc. made within the spirit and principle of the present invention should be included in the protection scope of the present invention.



## Features

- Dual Rotary Anti-Skid Spin Plates
- Easily Folded
- Safe Grip Handles
- Space Saving Storage
- Digital Display that Tracks Time, Reps, and Calories Burned
- Recommended at least 220 Pounds Maximum Weight
- Up to 13" Height Adjustment

- 180 Degree Motion
- Anti-Skid Foot Plates
- Comfortable & Secure While You Work Out
- Suitable for Any Body Shape and Promotes Abdominal and Core Training
- Twist & Shape / Computer Monitor, Meal Plan, DVD Workout Video, Workout Chart
- Hassle-Free Training with Simple 'Step-On' Operation
- Form-Fitting Design Can be Used in Virtually Any Room
- Digital LCD Display Control Unit
- Targets Lower Body, Stomach, Gut, Glutes, Buttocks, Hips, Waist, Thighs & More

## What's in The Box

- (1) Twist & Shape Exercise Machine
- (1) Manual
- Screw Accessories

## Technical Specs

- **Construction Materials:** Metal/ABS/Foam
- **Maximum Weight Capacity:** 330Lbs
- **Twist Angle:** 90°
- Battery Operated Digital Control Unit, Requires (2) x 'AA' Batteries
- \*Some Assembly Required
- **Adjustable Height:** 31.5"-44.88" -inches
- **Assembled Dimensions (L x W x H):** 26.57" x 23.62" x 31.5" -inches
- **Disassembled Dimension: (L x W x H):** 26.57" x 23.62" x 12.01" -inches

## Questions? Comments?

We are here to help!

Phone: (1) 718-535-1800 Email: [support@pyleusa.com](mailto:support@pyleusa.com)

[www.squatz.com](http://www.squatz.com)

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## Documents / Resources



[SQUATZ SQABTWST Twist And Shape Exercise Machine](#) [pdf] User Guide  
SQABTWST Twist And Shape Exercise Machine, SQABTWST, Twist And Shape Exercise Mac  
hine, Shape Exercise Machine, Exercise Machine, Machine

## References

- [THE SQUATZ STORE – The Squatz Store](#)
- [User Manual](#)