

SQUATZ



SQABTWST

TORTOR

Twist & Shape Exercise Machine

Deluxe Foldable Version, Double Pulley Design
with Anti-Skid Handle, 330 Lbs. Weight Capacity

USER GUIDE

PRODUCT INTRODUCTION

Read this user manual carefully before you use the Exercise Machine and save it for future reference.

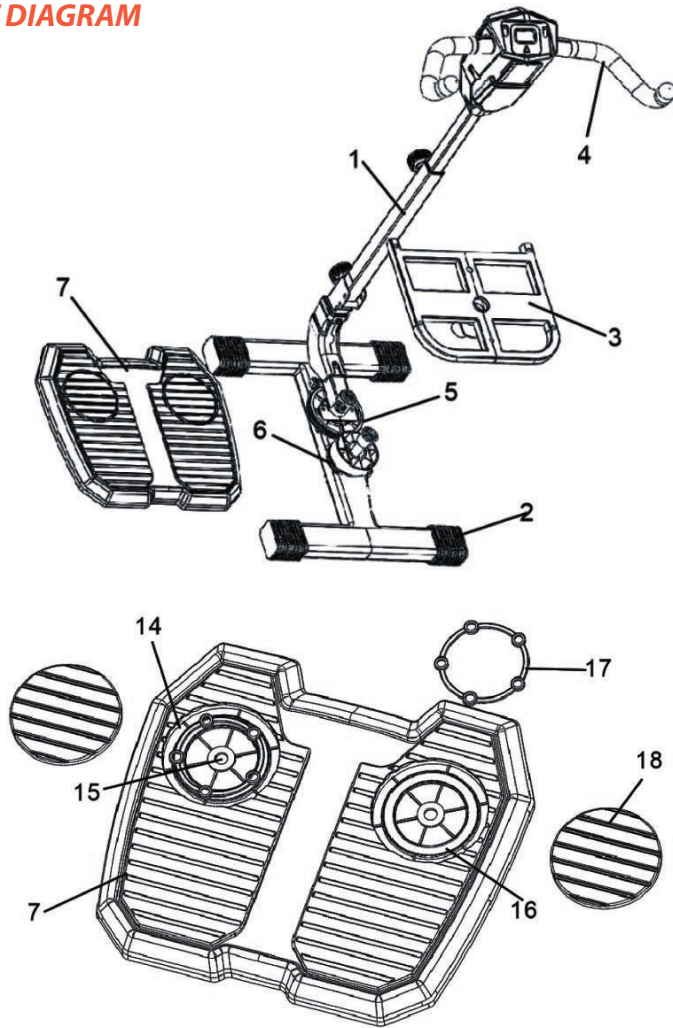
The utility model provides a waist twisting machine. The **SQUATZ Twist & Shape Exercise Machine** includes an armrest, a vertical pole, a pedal, a pedal seat, a drawstring, a turntable, and a base bracket. The above-mentioned armrest is fixed on the upper end of the vertical pole, and the lower end 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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WITH AN ADVANCED
WORKOUT PROGRAM!



PRODUCT DIAGRAM



- | | |
|-----------------|------------------------------------|
| 1. Pole | 14. turntable accommodating cavity |
| 2. Base bracket | 15. center through hole |
| 3. Pedal seat | 16. ball groove |
| 4. Handrail | 17. annular bearing |
| 5. Pulley I | 18. turntable |
| 6. Pulley II | |
| 7. Pedal | |
| 8. Brake device | |

1. **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.
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, 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 through 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.

A WAIST TWISTING MACHINE

TECHNICAL FIELD

The utility model relates to a 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 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 the 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. Afterwards, 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!

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