

MADE IN THE USA

TWIST RESIST®

STRENGTH WITH
A TWIST

The World's First
Multi-function cam based
resistance trainer.

Up to **40% MORE**
muscle activation! *
over cable machines with
more accurate targeting
of muscle groups



ROTATIONAL RESISTANCE SYSTEM

This is the product of 7 years of research and development with trainers, therapist and engineers like you! Thank you all.

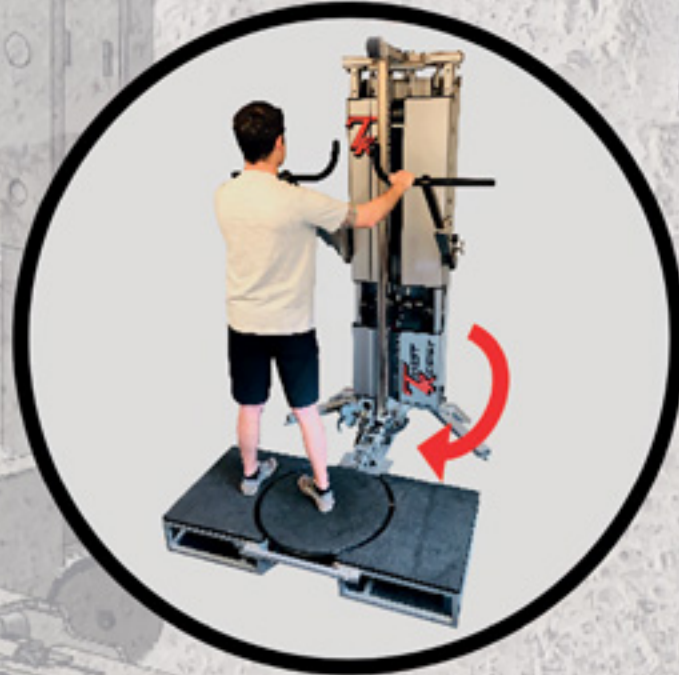
* Based on 3rd party research data.

80+ EXERCISES

THE RESISTANCE FOLLOWS YOUR
NATURAL RANGE OF MOTION!



SPINE INTERNAL
ROTATION



LEG EXTERNAL
ROTATION



HIP EXTENSION



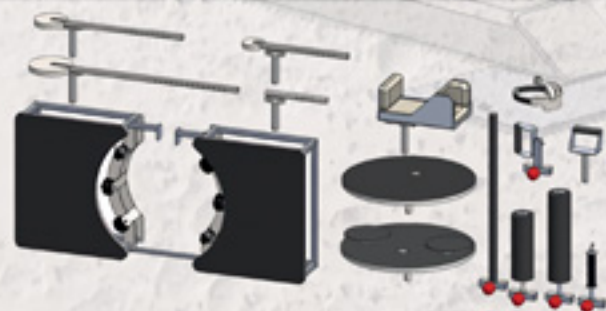
SHOULDER INTERNAL
ROTATION



GOLF SWING



PNF INTERNAL



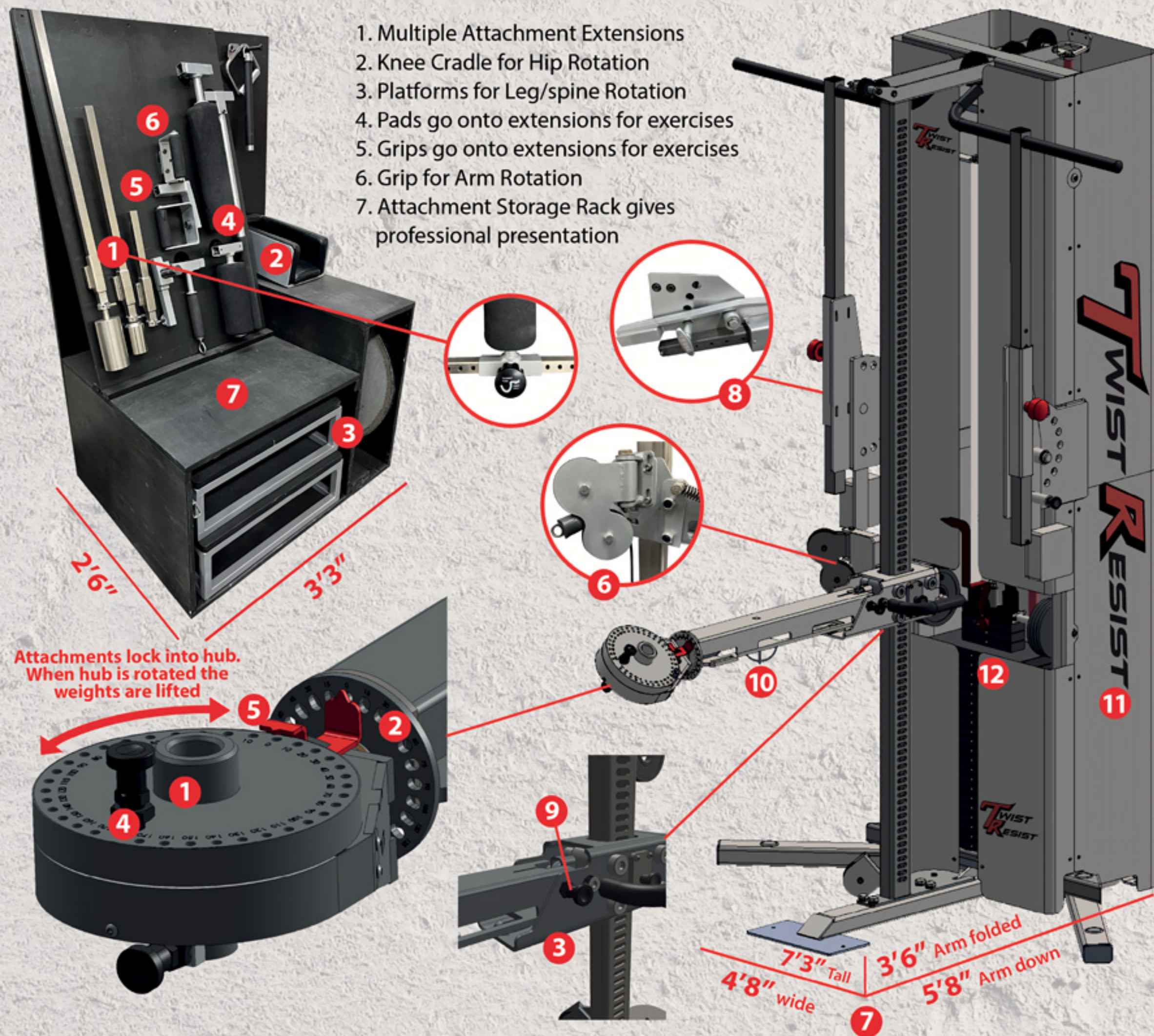
Use the included attachments to
create **80+ Exercises** (See back cover)



WATCH VIDEOS

STRENGTH WITH A TWIST

1. Multiple Attachment Extensions
2. Knee Cradle for Hip Rotation
3. Platforms for Leg/spine Rotation
4. Pads go onto extensions for exercises
5. Grips go onto extensions for exercises
6. Grip for Arm Rotation
7. Attachment Storage Rack gives professional presentation



1. Rotational Resistance for full range concentric and eccentric activation. **Improve functional outcome.**
2. Adjustable Angles on the hub changes plane of motion, **activating kinetic chain in ways never before possible.**
3. Adjustable Hub height, aligns with anybody parton anybody **including handicap persons.**
4. Adjustable attachment engagement angle to **change working range of motion.**
5. Degree markers on wheel to indicate range of motion **providing data.**
6. **Hi-low cable trainer** for when you need it.
7. **Small footprint** for a machine that does so much cool stuff!
8. Safety Handles lock High-Low-In-Out independently.
9. Main Arm folds out of the way for storage.
10. **Suspension Training Attachment point.**
11. Counterweight for easy vertical adjustment of arm.
12. Weight Stack 2.5lbs - 450lbs in 2.5 increments allows you to **work with weak or strong clients.**

Visit our website

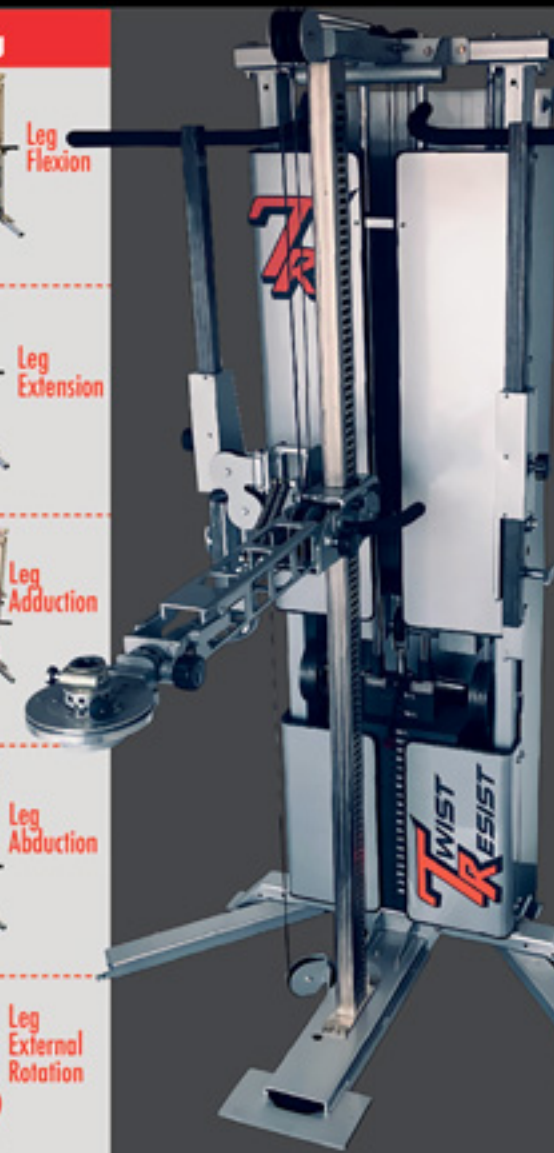


www.twistresist.com



STRENGTH WITH A TWIST

	Neck	Spine	Shoulder	Arm	Hip	Leg
Flexion	Neck Flexion	Spine Flexion (Ab Flexion)	Shoulder Flexion	Bicep Curl	Hip Flexion	Leg Flexion
Extension	Neck Extension	Back Extension	Shoulder Extension	Tricep Extension	Hip Extension	Leg Extension
Adduction	Neck Reduction	Spine Reduction	Shoulder Adduction	Arm Abduction	Hip Adduction	Leg Adduction
Abduction	Neck Lateral Flexion	Spine Lateral Flexion	Shoulder Abduction	Arm Adduction	Hip Abduction	Leg Abduction
External Rotation	Coming Soon!	Spine Lateral Rotation Stationary Feet	Shoulder External Rotation	Arm External Rotation	Hip External Rotation	Leg External Rotation
Internal Rotation	Coming Soon!	Spine Medial Rotation Stationary Feet	Shoulder Internal Rotation	Arm Internal Rotation	Hip Internal Rotation	Leg Internal Rotation



Sport	Runner's Shoulder Extension	Runner's Shoulder Flexion	Ball Throw	Golf Swing	Baseball Bat Swing	Racquet Swing	Racquet Backswing					
Functional	Standing Lat Pulldown	Standing Row	Standing Shoulder Press	Lunge Chest Press	Arm External Rotation Ball	Arm Internal Rotation Ball	Run Sprint	Push-Up Wax-On Wax-Off				
Chest	Standing Incline Chest Press	Standing Chest Press	Standing Decline Chest Press	Standing Pec Fly	Seated Incline Chest Press	Seated Chest Press	<th>Back</th> <td> Seated Lat Pulldown</td> <td> Standing Back Fly</td> <td> Seated Row</td>		Back	Seated Lat Pulldown	Standing Back Fly	Seated Row
Functional 2	PNF External	PNF Internal	Donkey Kick	Wood Chop	Internal Leg Rotation Squat	External Leg Rotation Squat			Spine Lateral Rotation Stationary Shoulders	Spine Medial Rotation Stationary Shoulders	Flexed Arm External Rotation	Flexed Arm Internal Rotation
	Crank	Stir Pot	Seated Leg Extension	Seated Leg Flexion	Flexed Leg External Rotation	Flexed Leg Internal Rotation	Ankle Extension	Suspension	Dip	Pull-Up		

WATCH VIDEOS HERE AND BUY NOW!



WHY TWIST RESIST?
 Because we believe your clients deserve superior strength and pain relief.
 Twist Resist ships nearly fully assembled.

www.twistresist.com • 505.489.3166
 Twist Resist is protected by patent pending and patent numbers.
 10/549,152 - 10/737,139 - 15/674,403 - 15/721,479
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