

TWIST WAIST EXERCISER

GET GYM EXERCISE AT HOME

KEEP FIT STAY TRIM

SWIVEL-BALANCING EXERCISER

Strong chip board base on 70 ball bearings in a steel housing. Holds over 200 lbs. Shipping wt. 3 lbs.

\$3.95

Compare this unit with the most expensive — For quality, price, results, and compactness.

Why pay HUNDREDS \$ for home equipment or to clubs and salons when TWIST gives the results plus fun to the entire family for only pennies!

EARL PRODUCTS CO.
 P. O. BOX 5475 DALLAS, TEXAS

COMMISSION EXHIBIT No. 2791

By using different arm positions (Fig. 3), the effect and degree of an exercise can be altered. In general, as the arms are held higher the area receiving a concentrated exercise is higher, and more balancing is needed.

The Ski-bowling-golfing position, leaning forward with knees flexed, is an excellent exercise for lumbering up tightened muscles and joints and body conditioning.

The squatting position (Fig. 6), holding onto a stationary object to support the body in a full crouch or squat and rotating the hips in half-turns, acts on the buttocks and upper back.

The ballet position (Fig. 5), with the arms extended forward and alternately rising to toes and lowering to heels while rotating the hips, as in the basic exercise, concentrates action in the calves and develops balance.

TWIST WAIST

Leg Position (Fig. 7), leaning on one foot placed in the center of the platform and rotating the entire leg up to the hip joint, produces noticeable action in the leg muscles and knee joint. The more weight you apply, the more strenuous the exercise.

As you become skillful on the TWIST you will probably develop new exercises that work better for you. The most important thing, however, is to decide on a regular daily program and stick to it.

For the basic exercise (Fig. 1), stand erect on TWIST with feet slightly apart and with arms at sides. Rotate hips and legs slowly from side to side about 1/4 turn, keeping shoulders relatively stationary. Beginners should use a stationary object for support until they develop balance and confidence. As skill improves increase speed and degree of rotation.

YOUNGSTERS LOVE IT
 They sit, lay, twist and spin on it. Teaches balancing, posture, confidence.

COMMISSION EXHIBIT No. 2791—Continued