TWIST WAIST EXERCISER

GET GYM EXERCISE AT HOME

KEEP FIT STAY TRIM

SWIVEL-BALANCING EXERCISER

Swing chip board base on 70 ball bearings in a steel housing. Inside over 300 lbs. Shipping wt. 5 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

For using different arm positions (Fig. 3), the effort and degree of an exercise can be altered. In gym, and at home, the arms are moved together. The arm position shown is just one of many positions to give variety and more balancing or needed.

The skis-skiing position, leaning forward with knees flexed, is an excellent exercise for promoting up tightened musculature and joints and body conditioning.

The squatting position (Fig. 4), holding onto a stationary object to support the body in a full crouch or squat and rotating the hips in half-turn, acts on the biceps and upper back.

The ballet position (Fig. 5), with the arms extended forward and fingers daily rising to toes and lowering to heels while rotating the hips, acts in the basic exercise, concentric action on the knees and develops balance.

Leg Station (Fig. 6) leaning on one foot placed in the rear, with the other foot next, rotating the entire leg up to the hip joint, produces concentric action on the leg muscles and knee joint. The more weight you apply, the more strenuous the exercise.

As you become skilled in the exercises that work better for you. The most important thing, however, is to decide on a regular daily program and stick to it.

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

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