



## Exercise, weight loss and wellness—with a twist of fun.

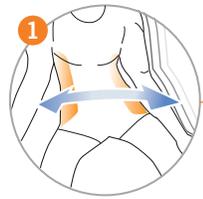
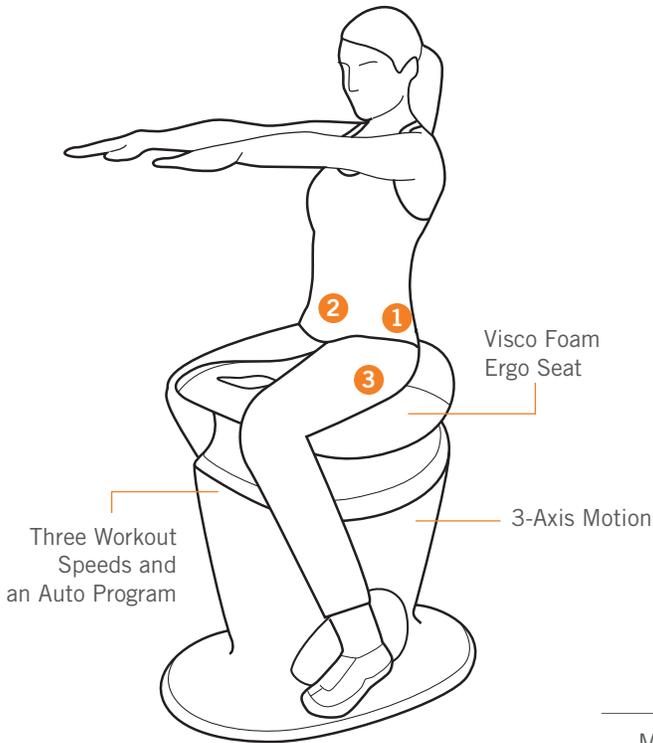
Everyone wants six-pack abs and a tight mid section. But finding the time and putting in the effort to make it happen is another story. Welcome to the Human Touch® iJoy Twist®. Getting that rock-hard bod and improving your overall wellness just got a lot easier and more fun.

With its unique triple-axis motion, the iJoy Twist stimulates the body's core muscles like no other exercise. Just hop on the visco foam ergo seat, choose from four speeds or the auto program, and in just a few five-minute bursts a day you'll be twisting your way to stronger, more sculpted abs, buttocks and thighs. It's never been more exhilarating to improve your strength, balance, flexibility, coordination and posture. Give your boring old exercise regimen a twist and give yourself the toned physique you've always wanted.

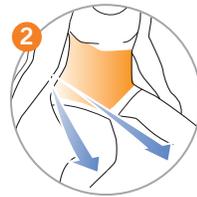
More Features for More Comfort

CONTROLLER – It's all at your fingertips

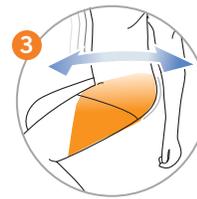
TRIPLE-AXIS TWISTING MOTION



Hips



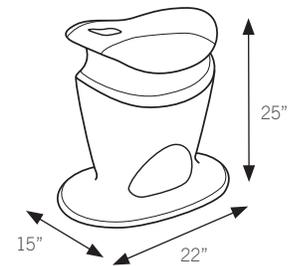
Abs and Obliques



Thighs and Glutes



DIMENSIONS



Model number: IJOY-200-1550-001

1-Year Limited Warranty

Exercise with a twist.

The iJoy Twist easily fits in your everyday routine and is even easier to use. With just three, five-to-seven minute sessions daily, you'll enjoy more benefits than hours of crunches. And all you have to do is grab a seat and enjoy the ride!



PATENTED TRIPLE-AXIS TWISTING MOTION

Unlike sit-ups or crunches that target only a few muscles and burn even fewer calories, the iJoy Twist uses functional dynamic movement to cross-train trunk muscles. By taxing muscles at the beginning and end of movements, you're ensured of a comprehensive, effective workout.



TARGETED TONING

Sculpting internal and external oblique abs in contralateral movements, as well as firming the buttocks and toning the thighs, the iJoy Twist maximizes core strength, resulting in greater strength, balance, posture, agility and coordination in every movement the body makes.



4 SPEEDS & AN AUTO PROGRAM

Choose the speed that suits your mood – Warm Up, Taking It Easy, Getting Serious, or Pump It Up – or try the Auto Program that combines them all into a fun and challenging exercise program.



VISCO FOAM ERGO SEAT

The comfortable, form-fitting seat keeps you firmly in place while twisting away those extra pounds.