

## Russian Twist Swivel Ab Oblique Exercise Machine

RRP: \$194.95

This modest-looking piece of steel is a home gym wonder. The Russian Twist/Swivel accepts Olympic-sized weight bars for a surprising variety of exercises that will shred your abs and core muscles. It's a popular favorite of bodybuilders, golfers, hockey players and MMA fighters, and its compact size is perfect for home gyms.

This tough steel swivel is coated in a rust-resistant black powder finish. The swivel is multi-directional, allowing you to do one- and two-handed standing twists, presses, rotations and similar exercises that work a large range of core and arm muscles.

Don't let its size and simplicity fool you. All you need is an Olympic weight bar to turn the Russian Twist/Swivel into an intense workout tool. Order yours today.

### Features of the Russian Twist/Swivel

- \*Heavy-duty steel with powder-coated black finish
- \*Accepts Olympic-sized weight bar for an amazing variety of exercises
- \*Multi-dimensional swivel works your abs, core, and arms
- \*Carton dimensions: 38 x 38 x 9.5cm

Please note: Barbell is NOT included

