

# HIP TWIST (ADJUSTABLE RESISTANCE)

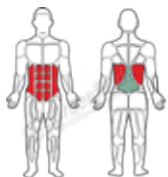


bidirectional resistance

UBX258

Equipped with

**SafeStop**

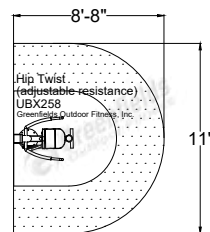


**Strengthens:**

- Core

Target muscles

Secondary muscles



**VIEW THE VIDEO**

<http://gfoutdoorfitness.com/adjustable-hip-twist-video/>



*The Greenfields Advantage - this unit incorporates Safe-Stop technology for a workout that's smooth and hazard-free*

