

EVERTONE ROTATOR ARM STRENGTH TRAINER MANUAL

1. Adjust the center Resistance Dial to your desired resistance. We suggest starting at the lowest setting and working your way up.
2. Firmly grab the 2 handles with your hands and prepare for your workout. You can maneuver the Evertone Strength Trainer in various different motions to get your workout.
3. Start by rotating your wrists to the outside and then back to the inside. This will target your forearm muscles.
4. Another workout is to hold the unit in front of your body and rotate your hand forward. Feel the resistance and then rotate your hand backwards for an awesome workout of your whole upper body.



5. Follow the images to see the different placements and have fun finding new ways to target your muscles, you can even put the Strength Trainer behind you as well.

