

URBNFit™ SWIVEL BOARD

Quick Start Guide

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Attaching Resistance Bands

Open carabiner to holes located on either end of Swivel Board.



Using Your Swivel Board

Position your feet on the grips before beginning your exercise. The Swivel Board can also be used as a push-up board.



SWIVEL BOARD

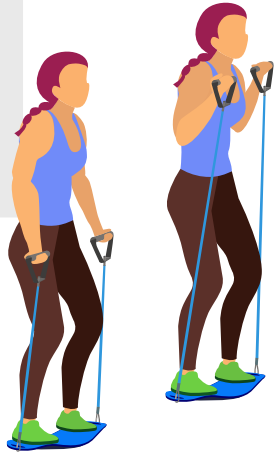
Workout Guide



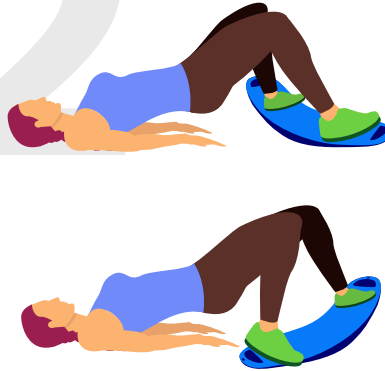
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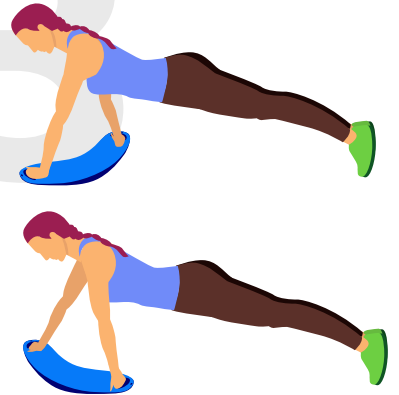
1 Bicep Curls With Resistance Bands



2 Twisted Bridges



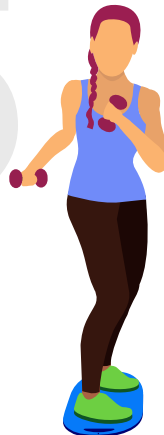
3 Plank Twists



4 Squats



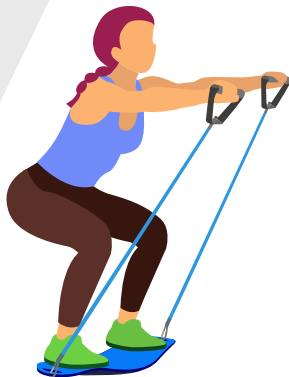
5 Basic Twist



6 Tricep Kickbacks



7 Squat With Resistance Bands



8 Screaming Squats



9 Spiderman Planks

