

BIKE II - Exercise Instruction

Code – MD-FS-007



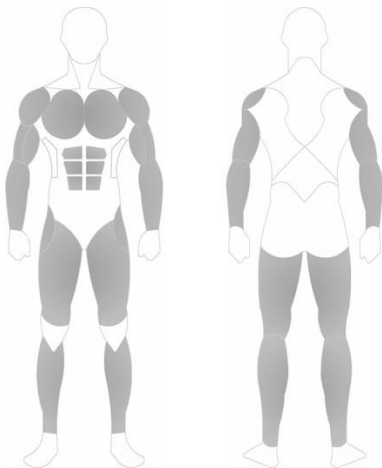
Function

- Improves leg and abdominal muscles, chest and arms
- Improves functionality of the cardiorespiratory system

Instruction

Sit comfortably in the seat, place your feet on the platforms and grab the handles using both arms. Push the platforms in a manner that imitates riding a bicycle while moving your arms. Keep your back in an upright position during the course of the exercise.

Muscles Trained



Safety Zone

