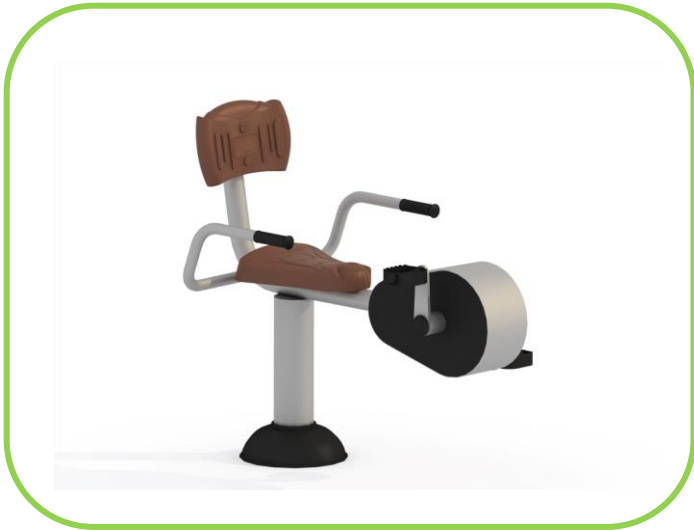




GF-18004

Recumbent Cycle Trainer



Muscle Groups Used



TECHNICAL DATA

Dimension: 1100×610×910mm

Training Space: ∅2000×2080mm

Safe Area: ∅3500×3580mm

Free Height of falling: 580mm

Maximum permissible user body weight: 140KG

FUNCTION

Promote flexibility, cardio respiratory endurance, and lower body muscles.

DIRECTION

1. Sit on the seat with both hands taking hold of grips, your knees bent and tread on footrests;
2. Push both feet around circular motion alternately to enhance workout;
3. Increase duration as fitness improves.

CERTIFICATION

EN16630:2015

