



GF-18005

Hand Cycle Trainer



Muscle Groups Used



TECHNICAL DATA

Dimension: 810×710×1180mm

Training Space: ∅2000×2190mm

Safe Area: ∅3500×3690mm

Free Height of falling: 690mm

Maximum permissible user body weight: 140KG

FUNCTION

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

DIRECTION

1. Sit on the seat with both hands taking hold of grips, both legs hang naturally or feet on the ground;
2. Push both hands around circular motion alternately to enhance workout;
3. Increase duration as fitness improves.

CERTIFICATION

EN16630:2015

