

ARM & LEG WARM UP

The Arm & Pedal Bicycle is a variation to the outdoor exercise bike, working both arms and legs at the same time.

Offering a cardiovascular exercise for both the arms and legs, the Arm & Pedal Bicycle is ideal for a light workout. Targeting improved flexibility and mobility in the leg and arm joints, this popular piece of equipment can be used as part of a warm up prior to a more intensive exercise regime or as part of a rehabilitation programme.

What are the benefits of our outdoor arm and pedal bike?

- Great for a warm up, prior to a more intense workout.
- Improves coordination as arms and legs have to work simultaneously.
- Arms and legs can work independently of one another.
- Users can set their own pace as the machine offers no resistance.

Which muscle groups will I be working?

