



## Arm & Leg Warm Up

### **Suggested Usage:**

**Beginners: Up to 5 minutes**

**Intermediate: Up to 7 minutes**

**Advanced: Up to 10 minutes**

### **Instructions:**

Sit on the seat, put your feet on the pedals, while both hands grip the handles, coordinate both hands and feet to cycle the equipment simultaneously. Also you can exercise hands and feet separately.

### **Functions:**

Enhance heart and lung function and blood circulation during the coordinating movement.

### **Attention:**

Keep back straight, eyes forward and don't look down.

### **Warning:**

If you are in any doubt whatsoever about performing physical exercise, please consult a Doctor prior to doing so. Stop using the equipment immediately should you feel any discomfort at all. This equipment is intended for use by adults and youths with a height greater than 1400 mm BS EN 16630 : 2015

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