



## GF-18003

### Bicycle Trainer



#### Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 1179×560×1450mm

**Training Space:** ∅2000×2210mm

**Safe Area:** ∅3500×3710mm

**Free Height of falling:** 710mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Increase flexibility & endurance of lower limbs.

## 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**

