

Spinning Bicycle UBX-289



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The muscles you work the most when riding an exercise bike are the quadriceps and hamstrings. Your quads are the main driving force on the downward pedal stroke, while your hamstrings work on the upward pedal stroke.

Features:

User Controlled Resistance
Progressive workout up to 150kg

Instruction Plates
Clear and simple guides

Soft Cushions
Maximum comfort for exercise

Galvanised Zinc Injection & a Powder Coat Finish
Increases longevity

