

Recumbent Bike Information and Conditioning Chart-PF017

Description

◆ The recumbent bike is an excellent introduction to fitness if you have been sedentary or are suffering from lower back pain. The high back seat gives you lots of back support when it is set properly. This poster shows you the basics of how to adjust the bike to your personal settings, the muscles used, how to set up a properly structured workout. As well you'll learn how to select the correct heart range based on your fitness goals and a series of safety points to keep everyone safe. 24″x36″ laminated poster

Details

- 1. Dimension: 24" x 36"
- 2. Material: gloss paper laminated with clear polyester both sides

Image

