

## Exercise Bike From the Chair (10 GBP)



Location

Yorkshire and the Humber, South Humberside

<https://www.freeadsz.co.uk/x-567465-z>



This is an exercise cycle for people who would like to exercise but are unable to do so from a standing position, or who find it difficult to get out of the house on a regular basis.

It enables you to exercise your quadriceps, the large thigh muscles and therefore can still elevate your heart rate and improve your cardiovascular system as well as challenging your respiratory capabilities.

As shown in the second photograph this cycle is NOT designed to take a persons weight from a standing position. There are no arm handles to assist in maintaining balance, it can ONLY be used from your.



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