

## Single Fit Rider with Resistance

**MSRP \$1,134.00**

**SALE \$873.00**

### Highlights:

- Stays strong against daily weather
- Cardio workout that reduces stress
- Strengthens quadriceps, hamstrings, gluteus, and calves
- Designed for teenagers, young adults and older individuals

**Age Group:** Adult

**Footprint:** 2' x 2' 10" x 4'

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



Exercisers ages 13 and older can get a comprehensive cardio and core workout on the Single Fit Rider! The Single Fit Rider looks like a bicycle at first glance, but upon closer inspection, it's clear that it is completely different. The rider sits upon the seat with their hands on the handlebars and then places their feet on the "pedals," but instead of pumping their legs in a circular motion, they push their feet forward while pulling their arms close to their bodies. Keeping good posture throughout the entire rep engages the core as well as several other key muscle groups, providing a dynamic workout experience. Visitors to your park, trail, or general outdoor venue will be able to engage and strengthen their calves and quadriceps while enjoying the fresh air and the beauty of being outside when they use the Single Fit Rider.

Each Single Fit Rider is made from heavy-duty galvanized steel with a powder-coated finish in blue and silver, adhering to IPEMA, ISO, and ASTM standards. The result is a durable piece of equipment built to withstand rigorous use and harsh outdoor conditions. The Single Fit Rider weighs 250 pounds, so it's not about to blow over in a storm!

If there is heavy interest or a high volume of exercisers already in your area, check out related products like the Royal Fit Rider Station and the Triple Royal Fit Rider, as they allow more users per station. [\[Read More\]](#)