

Single Fit Rider with Resistance

MSRP \$1,080.00

SALE \$831.00

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 will get a 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. Visitors to your park, trail, or general outdoor venue will be able to break a sweat while enjoying the beauty of the outside. If there is heavy interest or a high volume of exercises already in your area, it would be a good idea to check out the Royal Fit Rider Station and the Triple Royal Fit Rider as they allow more users per station. If you'd like to create a full course of exercise equipment or just supplement this piece, the Single Rower Machine pairs well as a different type of core focused machine.