

Air Bike

MAP REF

6

MAP REF

9

Strength

HOW TO

- Seated on the equipment lean back, lift your feet off the ground and raise your knees
- Engage your core
- Find your centre of gravity before starting
- Lower your knees and torso towards the ground, increasing the angle at the hips to a point that gives you enough resistance so you can perform many repetitions
- Move your legs one at a time as if you were riding a bike
- Maintain upper body posture and focus on balance
- In a slow controlled movement contract your core and come back up to the starting position
- Repeat

