

Indoor Cycle Information and Conditioning Chart– PF016

Description	<ul style="list-style-type: none"> ◆ Whether in a group class setting or for a standalone exercise piece, the indoor cycle poster teaches the fundamentals on getting started. Learn how to adjust the bike settings (seat, handles, pedals) for the best ride possible. This exciting poster takes you through proper posture and form, safety, adjustments and settings. It also describes the components of a workout, the muscles used and how to train in your target heart rate range to achieve specific and desired results. This poster is the perfect guide on how to properly use an indoor cycle. 24" x 36" laminated poster
Details	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides

