



Benefits of Indoor Cycling

Are you wondering how effective indoor cycling, such as upright, recumbent and spin bikes will be in helping you reach your fitness goals?

Or maybe you have heard about it and are wondering whether to give it a try?

No matter your experience level or goals, indoor cycling is one of the most effective and fun fitness activities out there!



An original indoor cycle

Advantages:

- ✓ All ages and fitness levels can benefit
- ✓ The rider is always in control of the tension
- ✓ There are no complicated moves or techniques to master
- ✓ Non-impact activity, causes less stress on knees, hips and ankles than other forms of cardio
- ✓ Cardiovascular workout which strengthens the heart and helps lower resting rate
- ✓ Tones the glutes, quads and hamstrings
- ✓ Core muscles of the body get a good workout
- ✓ Encourages good posture





Upright Cycles

... and why you will love them!



Infiniti PG700 Cycle

- ✓ **Comfort and ease of use** – all Infiniti upright cycles include the ability to adjust the seat to your needs.
- ✓ **Looks good** – with a small footprint, upright cycles can be the perfect inclusion to your home and Infiniti have a wide range of designs and colours to please the eye and suit your home.
- ✓ **AAA** – all Infiniti

Recumbent Cycles

... and why you will love them!

✓ **Safety and comfort** – all Infiniti recumbent cycles have an easy step through design. In cases where balance is an issue or if the rider is dealing with back, hip and knee pain a recumbent cycle is a great option! Recumbents also have back supports, are lower to the ground and have a larger seat. Plus you may also choose a recumbent if you have difficulty bearing weight on your wrists.



Infiniti IC1500R



*All with the industry
leading Infiniti Full Circle
Warranty*