



STRENGTH
STAMINA
MOBILITY

BASIC

🕒 5 minutes

Sit on the seat and hold onto the handlebars. Place your feet on the footrest. Pull the handlebars toward your body, stretching your legs out at the same time. Then push the handlebars away from your body, bending your legs as you do so. Repeat this exercise several times. Do this exercise at a slow and steady pace.

INTERMEDIATE

🕒 10 minutes

Increase speed and length of training interval to improve endurance.

VARIATION: Pull the handlebars toward your body and hold the position until you feel tension in your abdominal muscles.

ADVANCED

🕒 15 minutes

Increase speed and length of training interval to improve performance. Try to keep your abdominal muscles tensed.