

IPI SPORTS & LEISURE CORPORATION

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Exercise Chart

Messrs. :

Date : JUNE. 20, 2014
Ref. : BK-0010

Subject: Sports Total Body Exercise Bike Charts

Item No. : BK-0010

chart 1

STANDING HAND PEDALING,
FRONT SIDE TWO HANDS PEDALING OR
SINGLE SIDE ONE HAND PEDALING.
NO SEAT IS REQUIREMENT.



Item No. : BK-0010

chart 2

LEGS SLIMMING
LIE DOWN FOOT PEDALING,
PEDAL HEIGHT IS ADJUSTABLE.
NO SEAT IS REQUIREMENT



Item No. BK-0010

chart 3

UPPER BODY EXERCISE
PEDAL HEIGHT IS ADJUSTABLE.
DINING CHAIR OR OFFICE CHAIR.



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chart 4
UPPER BODY EXERCISE WITH
HORIZONTAL HAND PEDALING
PEDAL HEIGHT TO BE ADJUSTED TO
HORIZONTAL TO THE SHOULDER FOR
EASY PEDALING.
DINING CHAIR OR OFFICE CHAIR.



Item No. : BK-0010
chart 5
RECEMBENT PEDALING
DINNING CHAIR OR OFFICE CHAIR



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chart 6
UPPER BODY EXERCISE
WHEELCHAIR CAN BE FIXED WITH
TETHER STRAP.
PEDAL HEIGHT IS ADJUSTABLE.



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chart 7

SOOTHING FROZEN SHOULDERS
STANDING OR SIT ON THE CHAIR ON
THE SIDE OF BK-0010.
ROTATE BIKE WITH ONE SIDE HANDLE



If you have any questions to above charts, please feel free to contact us.

Best regards,
Catherine Hsu