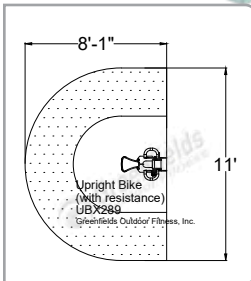


Target muscles
Secondary muscles

- Strengthens calves, hamstrings, glutes and quadriceps
- Low impact



VIEW THE VIDEO

<https://gfoutdoorfitness.com/single-upright-bike-video/>

