

Biking/ Elliptical Machine

Good for Aerobics, Leg Strength and Range- Not good for building bone strength

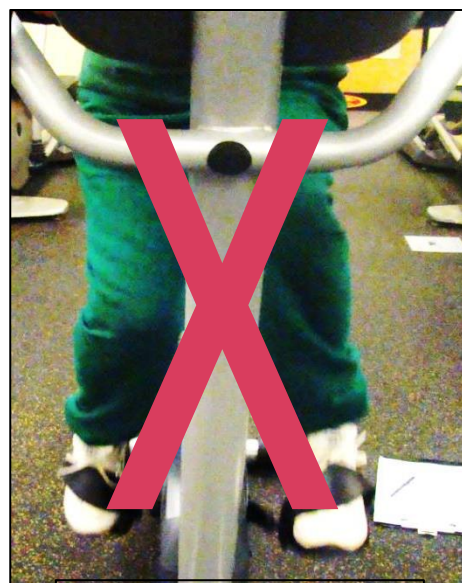


RIGHT



RIGHT

- Keep back straight
- Chin in, head high
- Hips lined up with center of knee and point of shoe or 2nd toe



WRONG

