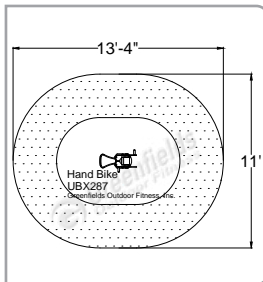




Target muscles  
Secondary muscles

- Strengthens arm and shoulder muscles
- Great cardio workout



VIEW THE VIDEO

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

