

Download Linex Exercise Bike Manual

I need a manual for a Linex 3.68 or 3.88 recumbent exercise bike. Do you folks have either manual. Thanks - Answered by a verified Exercise Equipment Technician Linex exercise bikes are some of the most affordable yet effective fitness bikes found on the market today. They are to be used mainly for home use and are designed to take up as little floor space as possible. Linex Recumbant exercise bike Manual... Bought this exercise bike and would love to have the manual so can learn more about it. Asked by Don Masse on 04/12/2013 0

Answer Recumbent bike works best for elderly people with back and hip problems because of the relaxed position and the angle that put's less pressure on those areas. Upright exercise bike works on more areas than the recumbent bikes including the lower abdominal muscles.