

# **BerkelBike Handcycles: The easy way to higher fitness levels**

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## **Sample of Content:**

Cycling is a great way of exercising; it is fun, increases our mobility and can also provide a great workout.

## **Content:**

Cycling is a great way of exercising; it is fun, increases our mobility and can also provide a great workout. The benefits of cycling are even greater for the physically impaired people as common problems like gaining excess weight due to lack of exercise, wastage of muscle and improper blood circulation due to extensive use of wheel chair can all be avoided with this active sport.

The BerkelBike handcycle is the ideal solution for disabled people who have no or limited use of their legs. It is a great way of exercising both your hands and legs thereby increasing the blood circulation to these areas. The BerkelBike handcycle can also make a great contribution in the physiotherapy exercises which are aimed at getting back some life and strength into a wasted leg. BerkelBike handcycle has made it all possible for the people with physical limitation, even the people who have suffered Spinal Cord Injury to ride a tricycle using their hands and legs in coordination.

The BerkelBike handcycle is in fact a hybrid between a recumbent bike and a handcycle. It is developed specifically for people who are completely dependent on a wheelchair. It provides a complete workout to its occupant as unlike other brands of handcycles, it allows for a coordinated movement of both hands and legs together. There is a small box mounted on the BerkelBike handcycle that has software which controls the leg muscles of people having a spinal cord lesion. This enables those people who have absolutely no use of their legs to exercise both their hands and legs simultaneously. It is an overall body workout which can be had in open air, along with the exhilaration of riding a tricycle thereby decreasing ones dependence on the wheelchair and on others for mobility.

The flexibility of movement offered by this handcycle is further increased by the fact that the front portion of the BerkelBike handcycle can be attached to all kinds of wheelchairs. This has greatly increased its utility for the disabled people and is a big factor contributing to the BerkelBike handcycle's huge popularity. The cycling movements from the legs start the moment one starts hand cranking the BerkelBike handcycle. The software kicks in soon afterwards to better control the movement of legs and provide an effective workout for the whole body.

Exercising with a BerkelBike handcycle has several potential benefits. It can increase the muscle mass in the previously wasted legs. Muscle spasms which are a common occurrence for people having lower body disability can be greatly decrease by regularly exercising on this wonder handcycle. Blood circulation to the otherwise unused legs is greatly improved thereby improving the capabilities of the leg tissues to repair themselves and reducing the risk of decubitus ulcers.

**Article Source:** <http://www.articlebillboard.com/>

## About the Author:

The [BerkelBike Handcycle](http://www.berkelbike.co.uk) are a boon to all the disabled people out there. This [Handcycle](http://www.berkelbike.co.uk) not only increased their mobility and independence but also provides them an overall workout. The BerkelBike website provides further information about this wonder tricycle.