

Cubii Exercise Bike Review 2020

A new product on the market to help you exercise your core and lower body is the Cubii Jr that is heavily advertised on television. In this [Cubii Exercise Bike review](#) we will cover who these bikes are for and why you should invest in one.

The Cubii allows anyone sitting at their desk for long periods or those that are simply watching television to exercise their legs all at the same time.



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What Makes the Cubii Pedal Bike Special?

Let's face it most of us sit at our desks or on the couch a lot. The idea behind the Cubii is why not get some exercise while you're sitting working or sitting watching TV. This exercise tool allows users to make more use of their time.

The Cubii exercise bike is just like any desk elliptical that requires you to push the bike pedals against the resistance you've set to create an effective workout. There are 8 different resistance levels you can set to intensify your workout.

Cubii Bikes Features

There are a number of features that are designed into the Cubii Bike. They are there to create an enjoyable and for many challenging workout experience so you can receive the results you're looking for.

Muscles the Cubii Targets

If you are curious as to what particular muscle groups the Cubii targets you can basically think of the type of workout you will receive from a basic desk elliptical. Expect to workout your abs, hamstrings, glutes, quads, and calves.

The more resistance you add to your workout the more you work each muscle.

Whisper Quiet

There's no need to worry if the [Cubii pedal bike](#) will be loud and disturbing as you're doing your work or watching a movie. It's designed to be whisper quiet as you're paddling away.

As you begin to paddle faster you won't notice distracting sounds impeding your concentration.

Recovery Machine

The Cubii bike is designed for more of the older crowd but is especially helpful to those that need some type of physical therapy or recovery exercising. Any lower body injuries you're trying to recover through rehab can be done with this machine.

It is a low impact machine that puts on extra stress on your joints. It is a definite rehabilitation tool to assist you with your recovery.

Built-in LCD Screen

Track and monitor your results as you workout on the Cubii bike. An LCD monitor is built into the machine allowing you to look down and track your RPM, calories, strides, and distance.

This helps in monitoring your improvement and setting goals.

Unboxing Cubii

Unboxing the Cubii and assembling it is the easiest part of the Cubii. After taking it out of the box you can have it assembled within 5 minutes. It only requires 4 screws for you to bolt the pedals down.

Once that is finished there is nothing left for you to do but begin your first exercise.

Thanks for taking the time to read this Cubii exercise bike review.

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