



KRANKCYCLE®

What you'll learn:

How to use Kranking to build cardio fitness and aerobic capacity

Using the Krankcycle to build upper body strength, manage weight problems, build core strength and the benefits of cross training through Kranking

What's included:

Krankcycle Instructor manual

Expert instruction under Hayden Lumsden

A Krankcycle Instructor Certificate

8 CEC's
Training Fees \$295