

SPORTS  VILLAGE

BUY GYM CYCLE FOR HOME IN QATAR



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Established in 2006, Sports Village is the true pioneer in bringing the best in class fitness solutions to the Qatar market. With Quality and Reliability being our top priority, Sports Village collaborates with the best in the industry. Sports Village has gained a credible reputation within the State of Qatar's fitness community as "the most reliable and trusted fitness partner."

Our company has been at the forefront of fitness equipment distribution and specializes in the supply, installation, and maintenance of the state of the art Commercial and Consumer Fitness Equipment, Spa Equipment (Sauna, Steam, and Jacuzzi), Rubber Flooring, Metal Lockers etc.

With a background in dealing with premier fitness equipment, we evolved into an experienced and complete provider of personalized fitness solutions to a growing community covering Commercial Gyms, Hotels, Apartments, Sports Facilities, Health Clubs, Sports Clubs, Military Facilities and individual Consumers etc.

Our constant quest for technological soundness and end-user satisfaction makes us the unrivalled leaders in Qatar's fitness equipment distribution.

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About **Us**



Even studies show that combining an indoor bike ride with a low-calorie diet might aid weight loss. Stationary bikes are a low-impact training option for anyone with joint difficulties or injuries since they provide smooth motions. The pedalling motion of a stationary bike strengthens your calves, hamstrings, and quadriceps. It can help you improve the muscles in your core, back, and glutes.

Combining an indoor bike activity with a low-calorie diet has also been found to help you lose weight swiftly in studies. Because stationary cycles employ smooth motions, they are a low-impact training option for anyone with joint issues or injuries. The pedalling motion of a stationary bike improves your calves, hamstrings, and quadriceps muscles. It can also aid in the strengthening of the core, back, and gluteal muscles.


Your workout objectives will decide the sort of gym bicycle you require. If you want to reduce weight or tone up, look for a model that includes a variety of workouts. You will remain motivated as a result of this. Look for exercise bike online in Qatar with a more comfortable saddle, one that is easier to mount, and one that can adapt to different heights if you want to use it on a regular basis.

For infrequent usage, you could choose a bike with manual adjustments and minimal programming. If you wish to improve your athletic performance, you'll need a model with more features. They'll be designed for long-term use, with more programmes, heart rate monitors, and coaching choices.





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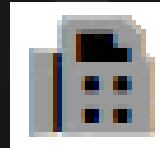
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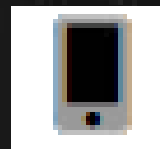
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