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YouBike™ is the world's first cardiovascular exercise bike which has been specifically designed to be used on a bed. Being a multipurpose bike, it may also be floor mounted which can be used with or without a wheelchair to exercise the arms and legs. The hand cranks are connected to the foot cranks via a direct drive belt. This enables your arms to exercise your legs in a cyclic manner.

Originally designed for spinal cord injury patients, the YouBike™ can also be used to treat stroke patients, Parkinson's sufferers, over-weight, elderly users and help with any bed bound recovery where arm/leg exercise is recommended. An ideal portable rehabilitation exerciser for physical therapists.

Inspiration

Phil Thorn, the brother of Clem, was the inspiration for the YouBike™. On the 26th September 2008 Phil contracted Pneumococcal Meningitis and fell into a coma. Phil recovered, but the almost fatal attack left him deaf, blind and paralysed in his lower body.

Phil was transferred to a rehabilitation hospital where he underwent physiotherapy treatment for his legs and feet, he attended the hospital gym daily, however he would spend a lot of time in bed if family, friends and staff did not take him out in his wheelchair.

While visiting Phil in hospital, Clem discussed the idea of a bed-mounted, portable fold-away cycling machine. From here the first basic ideas were designed on scrap paper with an engineer friend.

Over the next 4 years several versions of the YouBike™ were designed and built. In 2012 the final brief was to develop a bed mountable exercise bike that not only was functional and light enough to be portable, but also be stylish. After researching and looking at many different types of current rehabilitation equipment, style became a priority.

In 2012 the YouBike™ was born.



Who can use the YouBike™?

The YouBike™ was originally designed for the rehabilitation of spinal injury patients so they could work out their legs and upper body simultaneously. The YouBike™ can also aid paraplegic, stroke patients, the elderly and over-weight.

Do I have to assemble the YouBike™ after purchase?

No. The YouBike™ comes fully assembled. Simply remove it from its box, adjust the cam to the correct height, strap your feet into position and you're ready to begin exercising.

How does the YouBike™ stay on the bed?

The YouBike™ comes complete with two straps, one for the YouBike™ to be strapped to a bed and the second for the user to be secured to the YouBike™.

How quickly can the YouBike™ be setup?

The YouBike™ takes only seconds to setup out of the box. Once positioned on the floor, simply adjust the quick release cam to select your desired height and strap yourself in. Please visit our video section to see the YouBike™ in action.

Are there any accessories available for the YouBike™?

Yes. Development is currently underway for a range of YouBike™ accessories. Please follow us on Facebook and Twitter for release announcements. If you would like to make a suggestion for an accessory, please contact us.

What is the YouBike™ constructed from?

The YouBike™ is constructed almost entirely from aluminium, including the internal pulley components, which enables the YouBike™ to be very strong whilst being lightweight. The YouBike™ is light enough to be carried by one adult or carried by a person in a wheelchair.

How long did the YouBike™ take to design and develop?

The YouBike™ has been in development for 4 years. During this process it has undergone several major design changes and material advancements to evolve into the most fully complete exercise device of its type – in the world. We're not sitting back on our laurels though, our work has just begun. We are continuously looking for ways to improve the YouBike™ in both design and materials to deliver the best possible exercise solution to our customers around the world.

Extended Height	1130mm	Specifications
Folded Height	180mm	
Width	840mm	
Length	1339mm	
Weight	13.7kg	
Ratio	1:1	
Drive	Poly-V Belt Drive	
Computer	Speed, time, distance, calorie burn	
Body Construction	T6061 Alloy and 4.5mm Carbon ABS	
Colour	Black/Satin Black or Carbon Fibre	