

# FA CHILDREN'S ARM & PEDAL

SKU: 405.1157



## Description

The Children's Arm & Pedal Bike is a dynamic piece of outdoor fitness equipment developed to promote **active play, physical development and healthy lifestyles** in younger users. Designed specifically for children aged approximately **7-11 years**, the unit enables simultaneous use of both arms and legs, delivering a **full-body exercise experience** that is both engaging and accessible.

The equipment operates through a **combined pedalling and handle-cranking motion**, encouraging users to cycle with their legs while rotating handles with their arms. This coordinated movement helps to develop **hand-eye coordination, balance and overall motor skills**, while also strengthening core, upper and lower body muscle groups. The design allows children of varying abilities to use the equipment at their own pace, making it suitable for inclusive play environments.

### Standard Dimensions

Length x Width x Height (mm)

1048 x 476 x 1108



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Company Registration No. 5269442 VAT No. 849 4437 86

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Constructed for durability and outdoor performance, the unit is engineered to withstand regular use in school and public settings. The compact footprint – typically around **1048 mm (L) × 476 mm (W) × 1108 mm (H)** – allows it to be easily integrated into playgrounds, outdoor gyms and fitness trails.

The Children’s Arm & Pedal Bike delivers a range of developmental and health benefits. It supports **gross and fine motor skill development**, improves coordination and balance, and promotes cardiovascular fitness through low-impact exercise. The equipment can also be incorporated into structured physical-education activities or informal play, helping to encourage regular movement and active habits from an early age.

Safety and quality are integral to the design. Units are typically manufactured in accordance with recognised standards, including **EN1176 (play equipment)** and **EN16630 (outdoor fitness equipment)**, ensuring suitability for school and public environments. Clear guidance can be applied to the unit to support safe use and maximise user benefit.

The Children’s Arm & Pedal Bike is commonly specified for **primary schools, playground fitness zones, parks and community spaces**, where it contributes to creating engaging, health-focused outdoor environments that combine play with physical development



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<b>Age Suitability</b>	5-8
<b>Colour</b>	Green and Beige
<b>Country of Origin</b>	United Kingdom
<b>Depth</b>	476 mm
<b>Finishing / Treatment</b>	Powder Coated
<b>Height</b>	1108 mm
<b>Key Stage</b>	Key Stage 2 (7 to 11 Years Old)
<b>Length</b>	1048 mm
<b>Material</b>	Plastic, Steel
<b>Mounting Options</b>	Root Fixed
<b>Ral Colour</b>	RAL 6005 RAL 1019
<b>Weight</b>	45 kg



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