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## Get a workout by playing a video game!

*New machine helps gamers break a sweat*

**Kim Holcomb**

12 News  
Feb. 10, 2005 02:22 PM

- Rehab patients using video game cycle
- See how the game works



A new exercise product created in the valley may be the answer to parents' prayers. It combines an upper-body workout, with Nintendo. The machine is called the GameCycle, and was released to the market on Feb. 1.

The GameCycle is a stationary bike, without pedals. Specialized handlebars are at the center of the workout. A user grips and cranks the bars, working the back and arm muscles. A Nintendo GameCube is attached to the machine, and every movement of the handlebars helps control the game.

Mesa-based company Three Rivers designed the machine, in conjunction with the University of Pittsburgh. It was intended for people with disabilities -- but the creator hopes it will eventually branch out to fitness clubs, and home gyms.

Right now, the GameCycle is part of a research study at Banner Good Samaritan Rehabilitation Institute, in Phoenix. Patients are doing physical and occupational therapy on the machine -- and so far, the product is getting rave reviews.

For more information about the GameCycle, check out [Three Rivers' website](#).

Similar products on the market include:

- [Cateye Interactive GameBike](#)
- [GamerCycle](#)

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