



ZR SERIES

THE SCIENCE OF RUNNING

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ZR-SERIES

THE SCIENCE OF RUNNING

Every time your foot connects with the ground during a run a force similar, and in some cases greater, than your body weight is transmitted back up your lower body.

As a treadmill user, it is extremely important to have the necessary equipment to support your fitness activities. Inspired by Reebok ZigTech technology we have incorporated a cushioning and energy return feature that enhances your workout.

SO HOW DOES IT WORK?

ZigTech technology reduces stress in the glutes, hamstrings and shins by harnessing the shock waves made whilst running. The zig-shaped treadmill cushioning absorbs the impact of heel strike and sends a shock wave along the length of the running deck to disperse high levels of energy, and ultimately assist your joints and muscles during exercise.

INSPIRED BY
REEBOK ZIGTECH
TECHNOLOGY

Reebok

HAMSTRINGS

GLUTES

SHINS



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ZR11 TREADMILL

The Reebok ZR11 Treadmill is everything you want in a treadmill to enhance your overall fitness. A powerful 2.5HP continuous motor coupled with the more than ample 137cm x 50cm running range provides the ideal platform for a variety of different intensity runs. With a maximum speed of 18km/h and 15 different incline levels all conveniently controlled through the stylish LCD backlit display, the different combinations of workout are almost endless!

But, to make sure you are on the right track. There are 24 pre-set programmes combining different inclines and speeds for a surprisingly varied workout. Not enough? Well, if you want to set your own workout programme there is space for this too with user defined functions helping you get on and go!

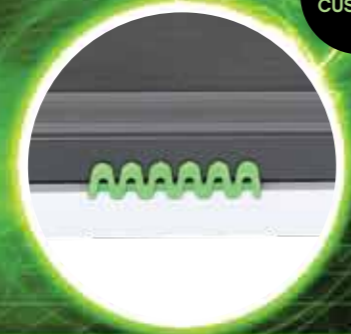
As well as being a fantastic, popular piece of equipment for improving overall cardiovascular health, treadmill running can actually help you tone and strengthen muscles. With the varied incline levels on all of our treadmills, you can work various muscle groups harder than you normally would during an outdoor run. For that extra challenge we also recommend integrating weights or dumbbells into your training, which also helps tone your arms - something often neglected during running.

AVAILABLE: BLACK OR WHITE,
WITH OR WITHOUT HRC

- 2.5HP MOTOR
 - 18KM/H
 - LCD DISPLAY
 - 186 X 90 X 145CM
 - SOFT DROP
 - MP3 INPUT
 - HAND PULSE
 - ZIG TECHNOLOGY
 - ELECTRONIC INCLINE
 - 24 PROGRAMMES*
 - 137 X 50CM AREA
- *HRC VERSION ONLY



COMPACT
FOLDING
DESIGN



ZIG
CUSHION

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ZR10 TREADMILL

The ZR10 Treadmill combines sleek design with solid performance. Featuring a 2.0HP motor, you can run at speeds of up to 18km/h on the more than ample running deck of 132cm x 45cm suitable for a maximum user weight of 120kg.

The integrated LCD screen with a blue and yellow backlight offers quick and easy control to the 24 pre-set programmes, user defined and target programmes for a varied workout.

To further increase the variety of your exercise and enhance the workout of various muscles, the ZR10 Treadmill allows incline levels of 0 - 15% which can be viewed and adjusted through the LCD console alongside functions for speed, time, distance, calories, pulse and heart rate.

As well as being a fantastic, popular piece of equipment for improving overall cardiovascular health, treadmill running can actually help you tone and strengthen muscles. With the varied incline levels on all of our treadmills, you can work various muscle groups harder than you normally would during an outdoors run. For that extra challenge we also recommend integrating weights or dumbbells into your training, which also helps tone your arms - something often neglected during running.

AVAILABLE: BLACK OR WHITE,
WITH OR WITHOUT HRC

- 2.0HP MOTOR
- 18KM/H
- LCD DISPLAY
- 174 X 63 X 142CM
- SOFT DROP
- MP3 INPUT
- HAND PULSE
- ZIG TECHNOLOGY
- ELECTRONIC INCLINE
- 24 PROGRAMMES
- 132 X 45CM AREA
- HRC VERSION ONLY



COMPACT
FOLDING
DESIGN



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ZR10

▶ ELLIPTICAL

The ZR10 Cross Trainer, features the new self-generating power system and 32 levels of electronic resistance meaning you can take your workout anywhere and modify the intensity of your workout to suit your needs. 12 pre-set programmes plus target time, distance or heart rate all easily accessible through the sleek new backlit LCD screen which provides an easy to use and responsive display to monitor your workout making the ZR10 Cross Trainer extremely versatile for all levels of home fitness.

The naturally placed hand pulse sensors offer the ability to calculate body fat and measure your constant heart rate and, with the 7kg flywheel weight and a whole variety of workout programmes, the ZR10 Cross Trainer gives you the ability to create a varied workout programme every time.

Cross trainers provide the perfect balance of all cardiovascular equipment by offering a low impact workout to achieve a great method of losing weight, improving overall and cardiovascular fitness without adding any stress to the legs or back.



ZR10

▶ BIKE

The innovative ZR10 Exercise Bike uses a self-generating power system with rechargeable batteries to allow for a more flexible exercise programme. This system allows for all of the key features of the bike to be powered by your movement which encourages more motivation throughout your workout.

Cycling can provide a fantastic workout for many of the body's key muscles. The glutes, hamstrings and quads are all active whilst cycling, plus you get an excellent cardiovascular workout. The ZR10 Bike also features 32 levels of electronic resistance and 21 different programmes all controlled through the sleek and attractive backlit LCD screen which displays core functions such as your speed, time, distance and calories burnt.

With the hand pulse measuring system, you can also measure your heart rate and calculate your body fat easily, all through the LCD console without having to break your movement due to the convenient location of the sensors and console.



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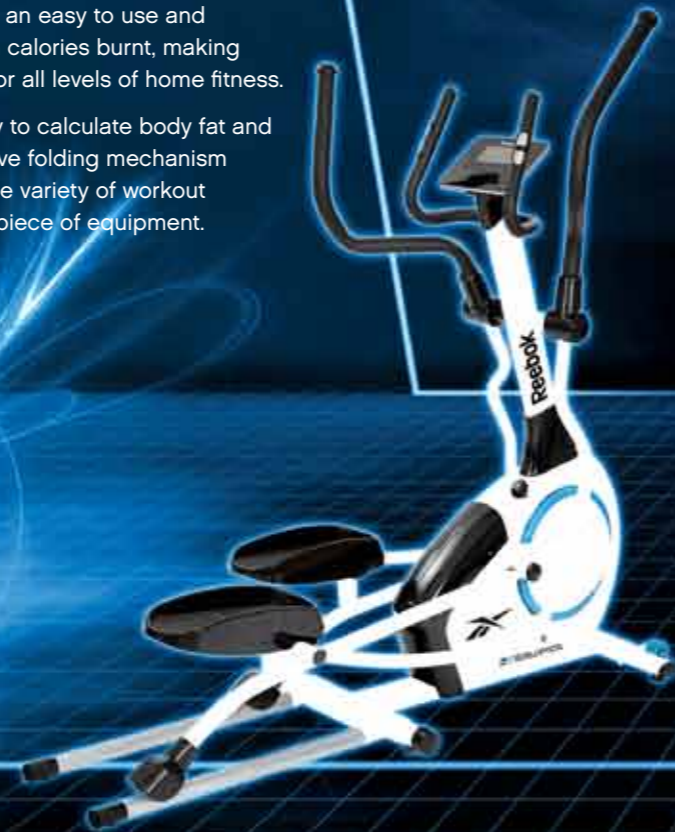
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ZR10F ▶ ELLIPTICAL

The ZR10F Cross Trainer has a front drive mechanism which provides a smoother platform for your workout compared to rear drive machines. With two independent rolling mechanisms, you are provided with a more challenging movement for better workouts.

Featuring the new self-generating power system and 32 levels of electronic resistance, you can modify the intensity of your workout to suit your needs. 21 programmes including target time, distance or heart rate are all easily accessible through the sleek new backlit LCD screen which provides an easy to use and responsive display to monitor your time, distance or even calories burnt, making the ZR10F Cross Trainer a versatile piece of equipment for all levels of home fitness.

The naturally placed hand pulse sensors offer the ability to calculate body fat and measure your constant heart rate, and with the innovative folding mechanism for easy transportation, 7kg flywheel weight and a whole variety of workout programmes, the ZR10F Cross Trainer is one versatile piece of equipment.



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ZR8

TREADMILL

The Reebok ZR8 Treadmill has all the functional benefits of any compact treadmill, with the added feature of electronic incline control providing a seamless way to increase the difficulty of your workout. With a running deck of 126 x 41cm and maximum user weight of 120kg, the ZR8 has more than enough space for an effective workout.

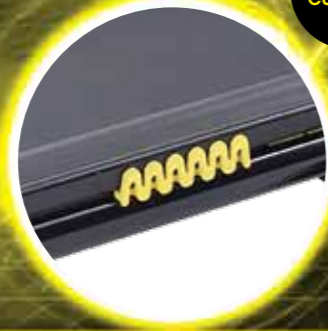
Housed within the smooth exterior is a 2.0HP continuous motor which offers the ZR8 treadmill speeds between 1-16km/h, a great range for anyone serious about running. An integral part of our treadmills is the easy fold system which makes having a treadmill at home convenient and safe with the built in soft drop mechanism.

To offer a varied workout, the ZR8 has 24 pre-set workout programmes installed, all offering different combinations of incline and speed to help you work different muscle groups and improve overall fitness. As well as being a fantastic, popular piece of equipment for improving overall cardiovascular health, treadmill running can actually help you tone and strengthen muscles. With the varied incline levels on all of our treadmills, you can work various muscle groups harder than you normally would during an outdoors run. For that extra challenge we also recommend integrating weights or dumbbells into your training, which also helps tone your arms - something often neglected during running.

- 2.0HP MOTOR
- 1-16KM/H
- LED DISPLAY
- 165 X 74 X 143CM
- SOFT DROP
- HAND PULSE
- ZIG TECHNOLOGY
- 31 PROGRAMMES
- 126 X 41CM AREA



COMPACT FOLDING DESIGN



ZIG CUSHION

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ZR-SERIES

ZR8

▶ ELLIPTICAL

The ZR8 Cross Trainer offers an ultra-smooth motion with the 9kg flywheel which provides total inertia of 24.6kg. With 32 levels of resistance all easily controlled through the sleek LCD display, your workout has never been so simple! The backlit display enables you to monitor your time, distance, heart rate or see how close you are to burning your target number of calories.

The 12 pre-set programmes let you challenge yourself using a variety of different targets and settings, plus 7 more individual programmes. With the conveniently placed sensors, you can keep an eye on your heart rate and with electronic resistance control and adjustable floor level you can tailor your workout for comfort and flexibility.

Cross trainers provide the perfect balance of all cardiovascular equipment by offering a low impact workout to achieve a great method of losing weight, improving overall and cardiovascular fitness. The unique design of the rear drive cross trainer provides a high intensity workout without adding any strain to the legs or back, making this type of equipment ideal for all levels of fitness. Whatever your goal for fitness, the ZR8 Cross Trainer can help you achieve it.



ZR8

▶ BIKE

The Reebok ZR8 Exercise Bike provides a wide range of features to help you benefit from the best possible cycling workout. With a large LCD screen with dual backlight, you are able to easily view your progress in addition to a number of functions such as speed, time, distance and even your pulse with the conveniently located hand pulse sensors on the handlebars.

Cycling can provide a fantastic workout for many of the body's key muscles. The glutes, hamstrings and quads are all active whilst cycling, plus you get an excellent cardiovascular workout. The 32 levels of resistance with the ZR8 reinforces the workout of these muscles for an additional challenge, coupled with the inclusion of 19 programmes to offer variety every time you use jump on.

The inclusion of a 9kg flywheel plus the adjustable pedals and comfort saddle aids in the workout of all the key muscle groups for a smooth and comfortable ride.



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ZR7 TREADMILL

The Reebok ZR7 Treadmill is the ideal way to get into home fitness. Offering a decent sized running deck of 126 x 41cm with a 1.5HP continuous motor, the ZR7 can handle a good amount of constant exercise. With the easy fold system, the ZR7 provides a compact solution to owning a treadmill at home, positioning itself as one of the best compact treadmills around. The LED window console display helps you keep track of a number of functions including time, distance, calories and your heart rate. With a maximum speed of 13km/h, 2 manually adjusted incline levels and 24 pre-set programmes, there are many options for a varied workout to focus on different muscle groups or overall cardiovascular fitness.

As well as being a fantastic, popular piece of equipment for improving overall cardiovascular health, treadmill running can actually help you tone and strengthen muscles. With the varied incline levels on all of our treadmills, you can work various muscle groups harder than you normally would during an outdoors run. For that extra challenge we also recommend integrating weights or dumbbells into your training, which also helps tone your arms - something often neglected during running.

- 1.5HP MOTOR
- 13KM/H
- LED DISPLAY
- 163 X 76 X 142CM
- SOFT DROP
- HAND PULSE
- ZIG TECHNOLOGY
- 31 PROGRAMMES
- 126 X 41CM AREA



COMPACT FOLDING DESIGN



ZIG CUSHION

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ZR7

▶ ELLIPTICAL

The ZR7 Cross Trainer provides functional training for all levels of fitness. The 8 manual resistance levels and various target programmes provide a great variation on each and every workout. Adding additional movement to the upper body makes the body work harder and increases the performance of your workout, but if you need a break from all that upper body movement, the fixed handlebar offers support so you can work out in complete comfort to suit your overall position.

The stylish LCD display enables you to monitor your time, distance, heart rate or see how close you are to burning your target number of calories, so no matter how long you have been working out, your progress is easily tracked from start to finish.

Cross trainers provide the perfect balance of all cardiovascular equipment by offering a low impact workout to achieve a great method of losing weight, improving overall and cardiovascular fitness. The unique design of the rear drive cross trainer provides a high intensity workout without adding any strain to the legs or back, making this type of equipment ideal for all levels of fitness. Whatever your goal for fitness, the ZR7 Cross Trainer can help you achieve it.



ZR7

▶ BIKE

The Reebok ZR7 Exercise Bike offers the experience to get on and go if you are new to cycling, whilst still helping you benefit from the best possible cycling workout. With a large LCD screen, you can easily view your key stats such as time, distance, calories burnt and your pulse rate with the conveniently located hand pulse sensors on the handlebars.

Cycling can provide a fantastic workout for many of the body's key muscles. The glutes, hamstrings and quads are all active whilst cycling, plus you get an excellent cardiovascular workout. The 8 levels of resistance, manually controlled with the ZR7 adds an extra dimension to the workout of these muscles for an additional challenge, coupled with the option to set target time, distance or calories to offer variety every time you use it.

The inclusion of a 7kg flywheel plus the adjustable pedals and comfort saddle aids in the workout of all the key muscle groups for a smooth and comfortable ride.



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ZR ROWER

The ZR Rower is designed for fitness. Utilising a 1.23m rail and 6.5kg flywheel, the ZR Rower provides a smooth action for your workout. Featuring 12 pre-set programmes, heart rate control, race mode and a manual programme, the opportunities for versatile cardio exercise are almost endless.

The 16 resistance levels provide you with the platform to adjust your workout easily through the LCD monitor, coupled with a wireless heart monitor to keep track of your heart rate.

Rowing machines can help build and tone muscles and greatly improve your cardiovascular performance. The key benefit is also for the back and joints as rowing relieves stress on these areas and provides a low impact workout, but with all the benefits of other cardio workouts.

AVAILABLE IN 7 DIFFERENT COLOUR COMBINATIONS



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S1 BIKE

The S1 Indoor Bike can help you work out a much larger set of muscle groups as opposed to standard indoor cycles due to the larger variety of positions you can assume. There are 5 standard positions in spinning; seated flat, standing flat, seated climb, standing climb and jumps. The emphasis of spinning is to replicate road bike movements as closely as possible at the same time working key muscles in the legs, core, back and upper body for a more complete workout.

To aid this, the S1 features a substantial 14kg flywheel, providing the rider with a much smoother ride compared to standard exercise bikes. 32 levels of electronically controlled resistance also provide that extra challenge. The new and innovative self-powered generator system means that you can take your workout anywhere without the need to worry about a power source. Your motion powers such features as the hand pulse sensor and the versatile computer display which shows a wide range of functions including speed, time, distance or your calories burnt. Staying true to spinning, you are also able to set a personal target time, distance, heart rate or calories burnt to stay on top of your workout.

Spin bikes can help maximise your body's fat burning ability and at the same time offering a low impact workout. Motion in different areas of the body including the shoulders, back and legs helps further improve your fat burning potential in less time!



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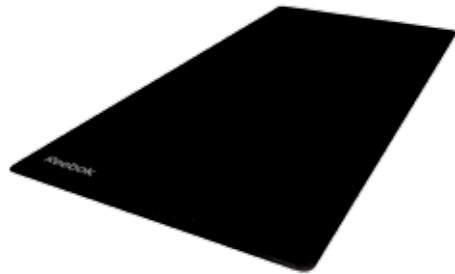
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ZR Machine Accessories

CV Mat

- + Protects flooring and improves stability
- + Durable finish
- + Treadmill mat 200 x 100cm
- + Bike/Elliptical mat 155 x 65cm



Floor Guards

- + Protects flooring
- + Pack of 4 with edge trim
- + Size 120 x 120cm



MODEL	S1 INDOOR BIKE	ZR10 BIKE	ZR8 BIKE	ZR7 BIKE
COLOURS				
DIMENSIONS	118 x 62 x 117cm	110 x 51 x 140cm	102 x 48 x 132cm	100 x 52 x 136cm
FEATURES 1	New Self Generating Power System	New Self Generating Power System	Transport Wheels	Transport Wheels
FEATURES 2	Transport Wheels	Transport Wheels	-	-
BRAKES	Electronic Computer Control	Electronic Computer Control	Electronic Computer Control	Manual Adjustment
RESISTANCE	32 Resistance Levels	32 Resistance Levels	32 Resistance Levels	8 Resistance Levels
FLYWHEEL	14kg Flywheel (22.1kg inertia)	7kg Flywheel	9kg Flywheel	7kg Flywheel
DISPLAY	5 x 8cm LCD Display	12.5 x 5.7cm Backlit LCD Display with red illuminated buttons	12.6 x 5.7cm LCD Display	12.6 x 5.7cm LCD Display
FUNCTIONS	Speed / Time / Distance / Calories Pulse / RPM / Watts	Speed / Time / Distance / Calories Pulse / RPM / Watts / Bodyfat	Speed / Time / Distance / Calories Pulse / RPM / Watts	Speed / Time / Distance / Calories Pulse / RPM / Clock
PROGRAMMES	12 Pre-set Programmes plus Manual, 4 Target Programmes, User Defined Programme, Watts Control and Recovery	12 Pre-set Programmes plus Manual, 3 Target Programmes, Watts Control, Heart Rate Control, User Defined Programme, Bodyfat and Recovery	12 Pre-set Programmes plus 4 Target Programmes, Watts Control, User Defined Programme and Recovery	Manual / Target Time / Target Distance Target Calories / Target Pulse
USER PROFILES	-	4	-	-
ADJUSTMENTS	Vertical and Horizontal Saddle Adjustment, Adjustable Pedal Straps, Vertical Handlebar Adjustment, Floor Level Adjustment	Vertical and Horizontal Saddle Adjustment, Adjustable Pedal Straps, Handlebar Adjustment, Floor Level Adjustment	Vertical and Horizontal Saddle Adjustment, Adjustable Pedal Straps, Handlebar Adjustment, Floor Level Adjustment	Vertical Seat Adjustment, Adjustable Pedal Straps, Floor Level Adjustment
HAND PULSE	Hand Pulse	Hand Pulse	Hand Pulse	Hand Pulse
MAX USER WEIGHT	135kg	135kg	120kg	120kg
	Page 23	Page 9	Page 15	Page 19



ZR11 TREADMILL

MODEL	ZR11 TREADMILL
COLOURS	
DIMENSIONS	186 x 90 x 145cm
FOLDED DIMENSIONS	110 x 90 x 159cm
CUSHIONING	Dual Point ZigTech Cushioning
FEATURES 1	Easy Folding with Soft Drop Mechanism
FEATURES 2	Quick Speed / Incline and Handlebar Controls
INCLINE	15 Electronic Incline Levels
MOTOR	2.5HP Motor
SPEED	1-18km/h
DISPLAY	LCD Display with Blue and Yellow Backlight, Cooling Fan, MP3 Input plus Speakers and Separate Volume Control
FUNCTIONS	Speed / Time / Distance / Calories / Pulse Incline / Programme Display / Chart Profile
PROGRAMMES	24 Preset Programmes plus Bodyfat, 3 Target Programmes and 3 User Defined Programmes plus 3 x HRC Programmes (HRC model only)
USER PROFILES	-
HAND PULSE	Hand Pulse / Wireless Receiver (HRC model only)
RUNNING AREA	137 x 50cm
MAX USER WEIGHT	130kg

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ZR10 TREADMILL

MODEL	ZR10 TREADMILL
COLOURS	
DIMENSIONS	174 x 83 x 142cm
FOLDED DIMENSIONS	109 x 82 x 149cm
CUSHIONING	Dual Point ZigTech Cushioning
FEATURES 1	Easy Folding with Soft Drop Mechanism
FEATURES 2	Quick Speed / Incline and Handlebar Controls
INCLINE	15 Electronic Incline Levels
MOTOR	2.0HP Motor
SPEED	1-18km/h
DISPLAY	LCD Display with Blue and Yellow Backlight, Cooling Fan, MP3 Input plus Speakers and Separate Volume Control
FUNCTIONS	Speed / Time / Distance / Calories / Pulse Incline / Programme Display / Chart Profile
PROGRAMMES	24 Preset Programmes plus Bodyfat, 3 Target Programmes and 3 User Defined Programmes plus 3 x HRC Programmes (HRC model only)
USER PROFILES	-
HAND PULSE	Hand Pulse / Wireless Receiver (HRC model only)
RUNNING AREA	132 x 45cm
MAX USER WEIGHT	120kg

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ZR8 TREADMILL

MODEL	ZR8 TREADMILL
COLOURS	
DIMENSIONS	165 x 74 x 143cm
FOLDED DIMENSIONS	102 x 74 x 143cm
CUSHIONING	Dual Point Zigtech Cushioning
FEATURES 1	Easy Folding with Soft Drop Mechanism
FEATURES 2	Quick Speed / Incline and handlebar controls
INCLINE	15 Electronic Incline Levels
MOTOR	2.0HP Motor
SPEED	1-16km/h
DISPLAY	LED Lit Display with MP3 Input, Speakers and Separate Volume Control
FUNCTIONS	Speed / Time / Distance / Calories / Pulse Incline / Chart Profile
PROGRAMMES	24 Preset Programmes plus Bodyfat, 3 Target Programmes and 3 User Defined Programmes
USER PROFILES	-
HAND PULSE	Hand Pulse
RUNNING AREA	126 x 41cm
MAX USER WEIGHT	120kg

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ZR7 TREADMILL

MODEL	ZR7 TREADMILL
COLOURS	
DIMENSIONS	163 x 76 x 142cm
FOLDED DIMENSIONS	98 x 76 x 143cm
CUSHIONING	Dual Point ZigTech Cushioning
FEATURES 1	Easy Folding with Soft Drop Mechanism
FEATURES 2	Quick Speed and Handlebar Controls
INCLINE	2 Manual Incline Levels
MOTOR	1.5HP Motor
SPEED	1-13km/h
DISPLAY	LED Lit Display
FUNCTIONS	Speed / Time / Distance / Calories / Pulse Chart Profile
PROGRAMMES	24 Preset Programmes plus Bodyfat, 3 Target Programmes and 3 User Defined Programmes
USER PROFILES	-
HAND PULSE	Hand Pulse
RUNNING AREA	126 x 41cm
MAX USER WEIGHT	120kg

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MODEL ZR10F ELLIPTICAL

COLOURS	
DIMENSIONS	182 x 67 x 174cm
FOLDED DIMENSIONS	135 x 67 x 174cm
FEATURES 1	New Self Generating Power System
FEATURES 2	Folding Mechanism
BRAKES	Electronic Computer Control
RESISTANCE	32 Resistance Levels
FLYWHEEL	7kg Flywheel
DISPLAY	12.5 x 5.7cm Backlit LCD Display with Red Illuminated Buttons
FUNCTIONS	Speed / Time / Distance / Calories / Pulse RPM / Watts / Bodyfat
PROGRAMMES	12 Pre-set Programmes plus Manual, 3 Target Programmes, Watts Control, Heart Rate Control, User Defined Programme, Bodyfat and Recovery
USER PROFILES	4
ADJUSTMENTS	Floor Level Adjustment
STRIDE LENGTH	48.2cm Stride Length
HAND PULSE	Hand Pulse
MAX USER WEIGHT	135kg

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MODEL ZR10 ELLIPTICAL

COLOURS	
DIMENSIONS	144 x 63 x 173cm
FOLDED DIMENSIONS	-
FEATURES 1	New Self Generating Power System
FEATURES 2	Transport Wheels
BRAKES	Electronic Computer Control
RESISTANCE	32 Resistance Levels
FLYWHEEL	7kg Flywheel
DISPLAY	12.5 x 5.7cm Backlit LCD Display with Red Illuminated Buttons
FUNCTIONS	Speed / Time / Distance / Calories / Pulse RPM / Watts / Bodyfat
PROGRAMMES	12 Pre-set Programmes plus Manual, 3 Target Programmes, Watts Control, Heart Rate Control, User Defined Programme, Bodyfat and Recovery
USER PROFILES	4
ADJUSTMENTS	Adjustable Slip Resistant Rubber Footplate, Floor Level Adjustment
STRIDE LENGTH	38.1cm Stride Length
HAND PULSE	Hand Pulse
MAX USER WEIGHT	135kg

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MODEL ZR8 ELLIPTICAL

COLOURS	
DIMENSIONS	144 x 63 x 169cm
FOLDED DIMENSIONS	-
FEATURES 1	Transport Wheels
FEATURES 2	-
BRAKES	Electronic Computer Control
RESISTANCE	32 Resistance Levels
FLYWHEEL	9kg Flywheel
DISPLAY	12.6 x 5.7cm LCD Display
FUNCTIONS	Speed / Time / Distance / Calories / Pulse RPM / Watts
PROGRAMMES	12 Pre-set Programmes plus 4 Target Programmes, Watts Control, User Defined Programme and Recovery
USER PROFILES	-
ADJUSTMENTS	Adjustable Slip Resistant Rubber Footplate, Floor Level Adjustment
STRIDE LENGTH	38.1cm Stride Length
HAND PULSE	Hand Pulse
MAX USER WEIGHT	120kg

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MODEL ZR7 ELLIPTICAL

COLOURS	
DIMENSIONS	143 x 64 x 167cm
FOLDED DIMENSIONS	-
FEATURES 1	Transport Wheels
FEATURES 2	-
BRAKES	Manual Adjustment
RESISTANCE	8 Resistance Levels
FLYWHEEL	7kg Flywheel
DISPLAY	12.6 x 5.7cm LCD Display
FUNCTIONS	Speed / Time / Distance / Calories / Pulse RPM / Clock
PROGRAMMES	Manual / Target Time / Target Distance Target Calories / Target Pulse
USER PROFILES	-
ADJUSTMENTS	Adjustable Slip Resistant Rubber Footplate, Floor Level Adjustment
STRIDE LENGTH	38.1cm Stride Length
HAND PULSE	Hand Pulse
MAX USER WEIGHT	120kg

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MODEL

ZR ROWER

COLOURS



DIMENSIONS

195 x 85 x 52cm

FOLDED DIMENSIONS

148 x 90 x 52cm

FEATURES 1

Easy Fold Rail

FEATURES 2

–

BRAKES

Electronic Computer Control

RESISTANCE

16 Resistance Levels

FLYWHEEL

6.5kg Flywheel

DISPLAY

13.1 x 6.7cm LCD Display

FUNCTIONS

Time / Calories / Pulse / RPM / Strokes
Metres

PROGRAMMES

12 Pre-set Programmes plus Manual
HR Control / Race

USER PROFILES

1

ADJUSTMENTS

Floor Level Adjustment

RUNNER LENGTH

1.23m

HAND PULSE

Wireless Pulse Receiver

MAX USER WEIGHT

120kg

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