

A woman with dark hair tied back is riding a stationary exercise bike. She is wearing a grey t-shirt and grey leggings. She is looking off to the side with a focused expression. The bike is positioned in front of a large window with white curtains, and bright sunlight is streaming in, creating a warm and airy atmosphere. The bike has a black handlebar and a silver frame.

A device for physical activity, it is similar to a bike, you can ride it without moving and it is used mostly to do cardiovascular exercise, to improve resistance, to tone up muscles, especially legs, but also back and glutes muscles, to promote coordination and balance.

Smart Bike



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The stationary bike is a device for physical activity, it is similar to a bike, you can ride it without moving and it is used mostly to:

- do **cardiovascular exercise**,
- **improve resistance**,
- **tone up muscles**, especially legs, but also back and glutes muscles;
- promote **coordination and balance**.

The stationary bike is easy to use and suitable for people of all ages and with different training levels, since it is possible to set it according to their needs and abilities. It is well suited for anyone who wants to perform cardiovascular exercise without significantly impacting joints, such as users with knee or ankle problems.

DEVICE CHARACTERISTICS::

- solid and resistant structure;
- High-quality, noiseless, and maintenance-free magnetic brake system;
- Resistance equal to a 22 kg flywheel with a fluid and smooth movement;
- Backward adjustable handlebars with 2 exercise positions;
- Comfortable seat with double adjustment (vertical and horizontal) that allows to adapt the position according to the user's needs;
- Backlit 7" LCD screen monitor with time, distance, speed, calories, RPM and SCAN indicators;
- Bottle holder included;
- Built-in wheels for easy device movement;
- Dimensions: 108 x 58 x 143 cm;
- Weight: 41,6 kg;
- User maximum weight: 130 kg.

Heart-rate:

- Pulse measurement by built-in contact sensors on handlebar for a comfortable and immediate reading.
- Heartbeat measurement through a wireless tracking system with a heart rate monitor band (optional accessory).

Programs:

12 predefined training programs with 16 intensity levels
4 user-customizable programs.

Among others:

Constant Watt Program for specific workouts and rehabilitation.

The control program of HRC heart rate automatically monitors exercise intensity and keeps the effort between the selected pulse limits.

"RECOVERY" recovery test that helps to monitor the physical condition.

Quick-start option.

Connection:

Bluetooth FTMS connection to apps of the field.

9V/1A adapter

Smart Bike workout:

- You can send your workout WATT and RPM in real time to the main sports APPs, such as ZWIFT, KINOMAP, BESTCYCLING, WAHOO SYSTM, and BKOOL.
- Hundreds of global community training and courses are available on these APPs.
- Smart workouts: if you connect the exercise bike via bluetooth with the ZWIFT, KINOMAP, BESTCYCLING, WAHOO SYSTM and BKOOL APPs, the app will take control of your bike and adjust the resistance according to the selected program.

