

### R70S RECUMBENT BIKE

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Get fit with the affordable light commercial grade FitneX R70S recumbent exercise bike, perfect for improving your cardiovascular health, strengthening your legs, and training for cyclers during inclement weather. This stationary recumbent bike features 16 levels of friction-free magnetic resistance for a smooth, quiet workout.

#### SPECIFICATIONS

**Special Features** - Integrated water bottle holder with accessory storage, towel rack.

**Display** - 4 window with Dot Matrix LED Display

**Display Feedback** - Time, Distance, RPM, Heart Rate, Level, Watt, Speed, Calories

**Programs - Total programs (11)**

Manual, Heart Rate Control (HR-Weight Loss, HR-Interval, HR-Fat Burn, HR-CV workout), Random, Interval, Weight Loss, CV Workout, Fat Burn, Rolling

**Tension Control** - Program Control

**Resistance Levels** - 16

**Resistance System** - ECB Resistance

**Power Requirements** - Self-Generating

**Watt** - 250 Watts

**Pedals** - Self balancing with easy adjust straps

**Fore / Aft Seat Adjustments** - Slider seat rail system with quick and easy lever adjustment

**Vertical Seat Adjustments** - N/A

**Transport Wheels** - Yes

**Heart Rate Monitor** - Wireless and Contact Grips

**Max User Weight** - 400 lbs (160 kg)

**Product Weight** - 154 lbs (70 kg)

**Dimensions**- 70" x 31" x 44" (170.5 x 79 x 112 cm)

