



Length: 103cm.  
Width: 64cm.  
Height: 144cm.  
Weight: 31kg.

## NDC Program *Exercise Bike*

### Specifications

Displays: Graphic display, time, distance, speed, RPM, watts, calories and pulse.

Programs: 12 profiles, 4 HRC, 1 user program.

Pulse Control: Hand pulse & Telemetric (optional)

Resistance system: Magnetic.

Flywheel: 7.5kg.

Others: Recovery Test. Bottle holder.

Max. User Weight: 110kg

Recommended for regular use only

## Features

12 pre-set + 4 Heart Rate programs  
16 different intensity levels  
Large electronic display  
Telemetric pulse measure  
HRC Heart Rate Control.  
Custom course.  
Recovery test.  
Grip pulse measurement.  
Adjustable handlebar.  
Horizontal and vertical seat adjustment  
Bottle holder.

## Benefits

Challenging programs to achieve your fitness goals  
Allows for great workout variety  
Shows speed, time, RPM, distance, pulse, watts, calories  
For an accurate measure of your heart rate through the use of (optional) chest strap.  
Allows cardiovascular zones to be targeted during your workout.  
Allows the user to design their own program.  
Provides a personal fitness assessment  
Measure your heart rate during exercise  
Greater comfortable during exercise  
Helps everyone find the correct pedalling position.  
Very useful for long training sessions.

*Recommended Retail Price - \$699.00*

**Health in Motion** Purchase Price - \$599.00 or 3 Month Rental Price - \$195.00

**Health in Motion** offer new clients 1 month free rental hire with their initial 3 month contract.