



## ISO1000R Recumbent Bike

### Features

- Step through access with 2" maximum height clearance at step through point.
- Heavy duty, 3-piece, proprietary crank system.
- Bike has low center of gravity for user safety and stability.
- Fit-Key™ technology, optional.
- Multiple position rotational level system at four points.
- Heart Rate compatible with most wireless technology, and contact heart rate.
- Adjustable cranks, optional

### Performance

- Resistance system-3 phase combination generator and eddy current brake with resistance output of 5 to 2000 watts.
- Computer adjustable in .1 increments with 200 levels of resistance.
- Starting wattage of 5 with no minimum pedal speed to begin.

### Programs

- Manual - One Button Quick Start.
- Heart Rate - Machine adjusts workload to maintain target heart rate.
- Constant Work - With wattage as a baseline, machine maintains constant workload independent of pedal speed.
- Iso-Strength - for strength training.
- Random - Infinite number of program profiles.
- Hill Profiles - 7 hill programs with over 20 levels of intensity.

### Feedback

- Heart rate, time, rpm, calories, distance, level, watts, METS.

## Dimensions

Height 53"

Length 58"

Width 24"

Weight 213 lbs.

User capacity 500 lbs.

## Color

•Frame - Silver powder coated

•Covers - Metallic Gray with UV Protection

## Power

•Self-generating with auto recharge battery back up. Low voltage AC adaptor, optional.

## Warranty

•3 years parts, 1 year labor.

## Order Code

ISO1010R