

RECUMBANT & UPRIGHT BIKE

The self-powered bikes feature custom-designed handlebars with integrated touch heart rate for maximum comfort and efficient workout experience. One-handed seat adjustment on or off the bike, redesigned saddle for riding comfort and improved knee over pedal spindle (KOPS) geometry for efficient pedalling mean a smooth, comfortable workout.

INNOVATION FOR SUPERIOR RIDING COMFORT

Over-moulded handle bars add comfort and durability while offering heart rate contacts and three ergonomic riding positions: upright, cruising and road. The simple seat adjustment allows the user to change the position of the seat with one hand, either on or off the bike.



BOTH BIKE CONSOLE'S

Created to complement the entire Experience Series™ line, the 830 Line console features easy-to-use motion controls and an LED-based console that focuses on the essential fitness stats that keep users informed and engaged.

PROPRIETARY INNOVATIONS

The recumbent bike includes features like the air flex seat with a ventilated panel and unique suspension system for a cool, cushioned ride. A simple seat adjustment allows the user to change the position of the seat with one hand, either on or off the bike.

USER GUIDE

- Remember The Bikes are self generated so will not start until you start moving.
- Adjust the seat so that the knee always has a small bend when the leg is extended. The seats have numbers on so you can remember for future use.
- Take a seat and put your feet in the pedals
- Start pedalling (re-adjust the seat at this point if required). Ensure that the knees stay in line with the hips as you pedal.
- Programme in what you wish to do and select the level.
- You control the pace of the machine. Bikes are non-impact so safe for the joints.

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

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